



Eat This ✓  
Not That ✗  
Improve Your Health

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## Change Your Choices; Change Your Life

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This presentation is intended to help you make better nutrition decisions in order to improve your health. Key points to remember are:

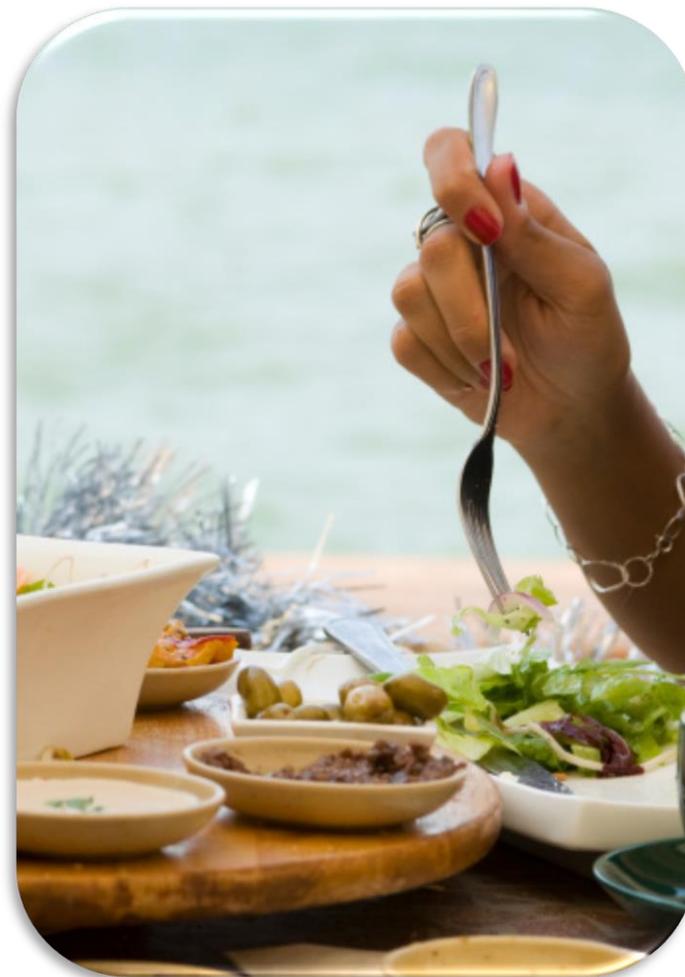
- Better diet choices will improve your health; 100 less calories per day becomes a 10 pound weight loss in a year!
- The keys to good nutrition are *balance, variety and moderation.*
- To stay healthy, your body needs the right balance of carbohydrates, fats and protein – the three main components of nutrition.
- Eat well, exercise, get enough sleep.



## Practice Mindful Eating – It Makes a Difference!

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- Listen to Your Body's Cues – Are you actually hungry?
- Prepare Less Food at Mealtime
- Start with a Small Serving – Use smaller dishes/glasses
- Slow Down – Take at least 20 minutes to finish a meal
- Never Eat Out of a Bag
- Eat at Regular Times
- Think Before You Eat
- Share Large Portions



# Can You Improve Your Metabolism?

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**Metabolism** is how fast your body burns calories and depends on several things. Although you can't control your age, gender, or genetics, there are other ways to improve your metabolism. [Click here](#) to learn more.

**Avoid Crash Diets** - Although these diets may help you drop pounds, it comes at the expense of good nutrition, muscle loss, and in turn, slows your metabolism. The final result is your body burns fewer calories and gains weight faster than before the diet.



## Choose Your Plate Wisely

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There are **five food groups** that are the building blocks for healthy diet.

- [Grains](#) - Whole grains with 3+ grams of fiber per serving
- [Vegetables](#) - The more intense the color, the better (tomatoes, spinach, sweet potatoes, squash)
- [Fruits](#) - The more intense the color, the better (berries, cherries, pomegranates)
- [Meats/Proteins](#) – Foods rich in omega-3 fats (fish, wild game), lean meats, plant based proteins (tofu, beans, legumes)
- [Fats](#) – Nuts, seeds, olive oil, less saturated fat

[Click here](#) for practical information to help build a healthier diet with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.



## Drink Choices – Spoilers or Helpers?

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Many of us watch what we eat but not what we drink when on a diet. That's a mistake. Choosing the right drinks can tweak your metabolism, curb your appetite, and help cut calories.

Which drinks are **Spoilers** and which are **Helpers** on the path to weight loss? [Click here](#) to find out.

For a list of the *20 Worst Drinks in America* [click here](#).



# Making Healthy Food Choices to Prevent Pre-Diabetes

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Healthy lifestyle choices can help prevent pre-diabetes. Eat healthy foods. Get more physical activity. Lose excess pounds.

**EAT THIS:** Whole grains, vegetable oils, low-fat dairy products, fish, seafood, chicken, plant based protein

[Click here](#) for diabetes-specific information on making healthy food choices.



**NOT THAT:** Products with refined white flour, saturated fats, added sugar, high sodium, high calories, low fiber, and high cholesterol

[Click here](#) and [here](#) for more information on reading food labels.

## High Blood Pressure or Hypertension

High blood pressure increases the risk of heart disease and stroke. Risk factors include obesity, drinking too much alcohol, smoking, and family history.

**EAT THIS:** Spices for flavor, black beans, red wine in moderation, rich omega-3 meats like baked salmon or tuna, olive oil, walnuts, and almonds

For more information on foods that can save your heart, [click here](#).

**NOT THAT:** Food high in salt, low fiber, high cholesterol, excessive use of alcohol, limit saturated fats (animal fats and processed foods), chips, pastries



## Other Conditions That Your Diet May Affect

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### Cancer and Diet

Choose foods and drinks to control your weight; limit red and process meats; eat more vegetables and fiber. If you drink alcohol, limit how much. [Click here](#) for more information on cancer and diet.

### Vision and Diet

There's no substitute for the quality of life good vision offers. Adding certain nutrients to your diet every day can help save your vision. Researchers have linked eye-friendly nutrients such as lutein/zeaxanthin, vitamin C, vitamin E, and zinc to reducing the risk of certain eye diseases, including macular degeneration and cataract formation. [Click here](#) for more information.

### Mental Health and Diet

- Interested in foods that tame stress? [Click here](#)
- Want foods that help you concentrate? [Click here](#)



## Eating Out & Snacking Choices

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Make the healthy food choice when eating at fast food restaurants. For fast food nutrition calculator, [click here](#).

### Revamp Your Snack Choices

**EAT THIS:** Vegetables, fruits, whole grains, nuts and seeds, low-fat dairy. Portion sizes for snacks will vary based on your individual meal plan.

To see more, [click here](#).

**NOT THAT:** Potato chips, candy bar, ice cream bar, fried tortilla chips with nacho cheese, cookies



Eat This; Not That!

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**Health Living**  
**It's in Your Hands!**  
**Start Today.**



Presentation Provided by Marilyn Cole, Premise Health