



Winter Time Healthy Eating Tips

By Betsy Bransky

Hot off the press from Move More. Here are a few good ideas for healthy eating during the fall and winter months. They work well in the spring and summer, too.

Eat more fruits and vegetables! A recent study showed that every extra fruit or vegetable eaten daily could cut the risk of heart disease by four percent. People in the US currently eat only an average of 3 fruits and vegetables per day. We all know that fruits and vegetables are good for us, but how do we squeeze more of them into our daily diet?

1. Stock smart. Stock your pantry with frozen vegetables. They can be as nutritious as fresh veggies because they're picked at their peak, when they are the most nutrient-rich. Frozen vegetables are flash-frozen, which seals in the nutrients until the veggies are thawed.

2. Make a better bowl. Add vegetables, such as carrots, peas, chopped spinach, or beans, to every soup you make.

3. Dress it up. Garnish a cheese pizza with mushrooms, peppers, spinach, and broccoli.

4. Simplify salad. For an instant, perfectly dressed salad, fill a plastic storage bag with pre-washed, pre-cut romaine lettuce or mixed greens, add a tablespoon of olive oil and a splash of lemon juice or balsamic vinegar, and shake.

5. Be prepared. Keep your kitchen stocked with vegetables that keep well, such as carrots, celery, onions, cucumbers, squash, and garlic. That way, you'll always have produce on hand even when it's tough to get to the store for more perishable items.

6. Make it quick. To save time, buy pre-cut vegetables.

7. Snack safely. Put raw vegetables out on a plate while you're making dinner so you can snack on them instead of higher-calorie temptations such as chips or

other starchy foods.

8. Let off steam. Lightly steam vegetables in a stovetop or microwave steamer for 3 to 5 minutes, until the color turns brighter (this is the point at which they're most nutritious). Then eat the crisp-tender vegetables either hot with the meal or cold as a snack.

9. Make soup an entrée. Add frozen stir-fry vegetables to canned chicken broth and heat for about 5 minutes for a quick, nutritious soup. Add soy sauce or miso paste for an Asian flavor.

Avoid snacking while bored, tired, or angry. Do you tend to eat when you're in these situations? If so, make a list of other things you can do in those instances, and post it on your refrigerator. Your list may include calling a friend, taking your dog for a walk, knitting, organizing your photos, or spending time on an old or new hobby. If you're reaching for food because you're physically hungry: eat fresh, tasty foods and enjoy!

Fruits & Vegetables

B J S W F X P T C A
D R E R Q E O S U N
W H O T A R X Q C A
W Z C C R E E U U N
V A H A C C P A M A
M E C B N O A S B B
S H J F H I L H E P
S R E P P E P I R M
E L P P A Z B S F D
G A R L I C T N Q P

Apple
Banana
Broccoli
Carrot
Cucumber
Garlic
Peaches
Pear
Peppers
Spinach
Squash

