



3 EASY WAYS TO MODIFY YOUR DIET

by Mechelle Meadows

Overhauling your diet can seem intimidating, especially this time of year. This is partly because people think they have to change everything all at once and eat healthy 100% of the time. False! Just a few simple changes can kick-start a healthy eating plan that doesn't make you feel deprived.

1. Start with replacing one soda or sugary drink each day with water. For instance, if you are currently drinking 2-3 sodas or highly sweetened coffees each day, reduce that number by one, and instead reach for a full glass of water.
2. Skip the pre-dinner appetizers or bread. It might

feel challenging at first, but if you normally order an appetizer or eat a full basket of bread at a restaurant, try instead to wait until your entrée comes. You will probably find that you're still satisfied by the end of the meal.

3. Add in fruits in vegetables. It can be easier mentally to add in the good things rather than trying to take out the "bad," or less healthy. Aim to eat 5 or more fruits and vegetables every day.

Don't underestimate the power of small modifications—especially those that are done consistently over time!

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SMART FACTS

9 SERVINGS

The most recent fruits and vegetables serving recommendations.

140

The number of calories in an average 12-ounce can of soda.

51,100

The number of calories you'll save in one year by eliminating one can of soda a day.

REMOVE DIET FROM YOUR VOCABULARY

by Laura Lubus, MPH

As we approach 2016, you may begin thinking about some resolutions for the year ahead. Here is a good one for you to consider: make a lifestyle change instead of the traditional resolution of going on a diet. Diets insinuate that the efforts are temporary. A lifestyle change is permanent, and that is what you should really be after.

Another reason I discourage the use of the word 'diet' is because of the food and drinks associated with it in the grocery stores. When shopping, we are attracted to things that say low-fat, low-calorie, low-anything. We think we are making a good decision for our waistline and heart by opting for these foods; however, companies have to replace what they remove with something else, and that is often sugar and artificial flavors to ensure it still tastes delicious to us. Those 'diet' foods are sometimes worse for us than the

FINANCIAL CORNER WITH PETE THE PLANNER

Ready to start eating healthy? Good for you, but I hope you're also ready to shell out some major money. Unfortunately, choosing to prioritize nutrition also has a major impact on your financial life. It's worth the effort, so here are some tips for making the most of your healthy food budget. First, plan your meals. It will take some upfront work, but it will not only save you money, but also time. Healthy, fresh foods are more expensive than junk food, but cooking at home will save you money over time. Next, recoup money from other categories. Pull money from entertainment and medical to fill out your food budget. Also, consider how much you'll save from eating out less. The less you eat out, the more you have to fund your new and improved healthy lifestyle. Don't let money stop you from doing the right thing for your health. ♣

original. You'll never see a low-fat head of broccoli or low-calorie apples.

So don't go on a diet. Make a lifestyle change and choose whole foods. Steer your grocery cart away from the packaged foods and into the produce aisle. You will be doing yourself a much bigger favor than by going on a diet. ♣



AMERICAN DIABETES MONTH NOVEMBER

The American Diabetes Association dedicates November to awareness and education around diabetes prevention. You can join in their efforts by putting nutritious, whole foods on the table and health in the forefront of your family conversations throughout the month and beyond.

HARVEST OF THE MONTH: CARROTS

by Kelly Thomson

Carrots are a popular, low calorie vegetable with many health benefits. Rich in beta-carotene, carrots help improve your vision, especially your night vision. They can also lower your risk for lung cancer, breast cancer, and colon cancer. Another added benefit is that they help clean your teeth and gums. Although carrots are most commonly known as orange, they can also be found in many other colors including white, yellow, red, or purple.

How to select

Choose carrots that are blemish-free, unbroken, and bright in color. If the green foliage is still attached, it should not be wilted.

How to store

If the green tops are still attached, snip them off about 2 inches above the orange root. This prevents the leaves from pulling moisture out of the carrot. Place carrots in a produce bag, and store them in the coldest part of your refrigerator.



How to prepare

Carrots can be eaten raw or cooked. Popular ways of cooking carrots include steaming, boiling, or roasting. It is important to not overcook carrots, as you can jeopardize the flavor and nutritional benefits. ☒

Source: WHFoods. whfoods.com/genpage.php?tname=foodspice&dbid=21. Accessed 16 October 2015.

RECIPE OF THE MONTH: *Chili Roasted Carrots*

Ingredients

2 Tablespoons canola oil
1 teaspoon chili powder
1 teaspoon ground cumin
½ teaspoon salt
2 lbs. carrots (10-12 medium), cut into ¼ inch diagonal slices
¼ teaspoon salt
2 Tablespoons chopped fresh cilantro
2 Tablespoons lime juice

Directions

1. Position oven rack in lower third of oven; preheat to 450 degrees.
2. Combine oil, chili powder, cumin, and salt in a medium bowl. Add carrots and toss well to coat. Spread out on a rimmed baking sheet.
3. Roast the carrots, stirring once, until tender and golden, 20-25 minutes.
4. Toss the carrots with cilantro and lime juice. Serve immediately.

Makes 4 servings (About ¾ cup each)

Nutritional Info

PER SERVING: 161 calories, 8g fat, 23g carbohydrates, 2g protein, 455mg sodium, 7g fiber, 750mg potassium

Source: EatingWell. eatingwell.com/recipes/chili_roasted_carrots.html. Accessed 16 October 2015.