



# Nutrition Tips

**Muscle Up with Protein.** The body needs protein to build muscle and stay strong. Eating protein at meals will also help you feel full and reduce hunger pains between meals. Many protein choices are high in fat, and it is best to choose lean proteins such as chicken, fish, lean beef and beans.

**Good Fat is Phat.** The body needs fat to produce healthy cells and absorb other vitamins including A, D, E and K. Healthy fats are **Monounsaturated** and **Polyunsaturated**. The best sources of these fats are oils (canola, olive) cheese, nuts, butter, egg yolks and avocados. Limit **Trans fats**, found in processed and baked goods made with partially hydrogenated vegetable oils.

**Be Complex About Your Carbs.** The brain and body need the energy provided from carbohydrates for day-to-day living. "**Complex**" carbohydrates such whole grain breads and pastas offer the added benefit of fiber, which helps with digestion and bowel regularity.

**Avoid Added Sugars in Drinks and Foods.** Too much added sugar in the diet contributes to health problems. Avoiding candy, cookies and soda is obvious, but large amounts of added sugar is hidden in processed foods such as bread, soups, frozen dinners, ketchup, and fast food. Read nutrition facts labels to find 'added sugars' in foods.

**A Dash of Salt.** The body needs a LITTLE salt (aka sodium) to regulate many of its functions. However, consuming too much salt can contribute to high blood pressure and other ailments. Processed and Fast Foods contain enormous amounts of salt; it is best to limit or avoid these foods.



## AT THE market...

**Nutrition Claims on Food Packages.** Common terms include: "Excellent Source Of" means contains 20% or more of the Daily Value; "Good Source" means 10%-19% of the Daily Value; and "Fortified" or "Enriched" means contains 10% or more of the Daily Value.

**Read Nutrition Fact Labels.** The label on the side tells a truer story than what is on the front of the box. Look at serving size, calories, fat content including saturated and trans fat, cholesterol, sodium and sugar/added sugar content when you are choosing foods.