



## Eating Right ISN'T Complicated

Eating right doesn't have to be complicated. Start with these recommendations from the *Dietary Guidelines for Americans*.

A healthy eating plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count

- Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

### Working Out – Keeping Fit During Colder Months



With the winter months upon us, we often struggle with keeping active. You can keep fit by practicing some of these tips:

- Walk at an indoor location such as a mall or indoor track.
- Try a winter sport such as ice-skating or skiing.
- Practice a yoga routine at home or at a yoga studio or local health club.
- Shovel your snow—but don't overdo it.

Also, try these simple, calorie-burning activities that can be done inside your warm home:

- Vacuuming or Ironing clothes
- Brisk walking, or Jogging in place
- Sweeping or dusting
- Dancing with your children!

Don't forget to consider healthier options instead of high-calorie and fat drinks; for example,

- make hot chocolate using milk and cocoa - leave off the whipped cream,
- make a fruit smoothie instead of a milk shake.



### Tip of the Month

#### Happy Valentine's Day



With planning, chocolate can fit healthfully into anyone's Valentine's Day plans.

The fat in chocolate is a combination of saturated and unsaturated fat and does not appear to increase blood cholesterol levels. Even so, chocolate contains calories, so eat it in moderation.

For an extra nutritional punch, opt for dark chocolate over milk chocolate.

- Dark chocolate contains flavonoids that come from extracts of the cocoa bean.
- Choosing dark chocolate with a high percentage of cocoa gives your body more of these healthy antioxidants.
- Some studies report **small** portions of dark chocolate can maintain heart health and maintain the health of blood vessels.

You can celebrate the holidays with a small treat of dark chocolate as part of your healthy diet.

