

SCALE BACK ALABAMA
MAKE THE SWITCH

Making small dietary changes can have a big impact on your health and weight loss efforts. Here are a few examples of how you can switch a less healthy food or beverage for something more nutritious, without compromising flavor!

- Try baking, grilling, broiling, or steaming foods rather than frying
- Replace whole milk with low fat or nonfat milk
- Choose lean meats such as fish, chicken, or turkey, remove the skin, and trim away extra fat
- Use less salt and more herbs and spices to season your foods
- Choose a side salad over fries
- Cook with olive or canola oil rather than butter or vegetable oil
- Snack on colorful, fresh fruit or vegetables with a low fat dip rather than typical snack foods like chips or crackers
- Drink water (plain or infused with fruit) or unsweetened tea instead of soda or other sugary beverages

Small changes matter. Start simple with MyPlate today!

Links

Lower Calorie, Lower Fat Alternatives:
https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/shop_lcal_fat.htm

Rethink Your Drink:
https://www.cdc.gov/healthyweight/healthy_eating/drinks.html

Managing Your Weight With Fruits and Vegetables:
https://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html

Recipe: Simple Turkey Chili
http://allrecipes.com/recipe/80969/simple-turkey-chili/

Inclusion Tip:
When prepping foods in the kitchen, know that there are many tools and tips for users with unsteady hands and limited mobility and/or vision. An adapted cooking utensil is a tool used in the kitchen that may have some type of modification in order to enhance the cooking and eating experience. Adapted kitchen utensils can be used by anyone, but they especially create an easier, more independent, and safer cooking experience for some individuals who have a disability. Many kitchen items include easy grips, non-skid material, or holders. A few examples of these assistive tools may be angeled utensils, pronged cutting boards, lipped plates, grip straps, spout cups, or a variety of openers. Most tools can easily be found online or in a store.

FAMILY MATTERS: Brainstorm with your family on how you can incorporate healthier ingredients into your go-to meals such as switching to ground turkey instead of ground beef or switching to grilled instead of fried chicken. You can also try out new recipes together! Get the whole family involved in finding an interesting recipe, shopping for ingredients, preparing, and taste testing the recipe! As you all learn to try different food ingredients while cooking, your entire family just might become confident in their ability to prepare and enjoy healthy and delicious meals at home.