

EAT THIS, NOT THAT FOR HEALTHY WEIGHT MANAGEMENT

Trying to reach and maintain a healthier weight usually includes making some diet modifications along with increasing daily movement. But what many people don't realize is that sometimes even the healthy-sounding foods are anything but—and buying into a not-so-good-for-you food's "health halo" (or illusion of being nutritious) may lead to overeating and potentially weight gain. Try these foods instead of their less-healthy counterparts for long-term wellness when it comes to convenience and eating on the go.

BREAKFAST

BARS: There is no denying the ease of grabbing a bar on your way out in the morning for breakfast. Bars can be a satisfying breakfast option, but not all bars are created equal. When choosing a bar for breakfast, look for options that are low in added sugars while high in protein and fiber. Look for bars that contain whole grains versus refined grains for added fiber and other nutrients. Pair your bar with some fruit and yogurt to enhance the nutrients of your quick and easy breakfast to fuel your day.

Eat This: RX Bar **Not That:** granola or cereal bar

CEREAL: Cereal is a classic breakfast option that can be loaded with added sugars. If you have a cereal habit you can't kick, don't fret. There are some cereals out there that can be a part of a healthy breakfast. When choosing a breakfast cereal, look for options that are made from whole grains, high in fiber (at least 3g per serving) and low in added sugars. It is also important to be wary of portion sizes when it comes to cereal options - they all vary! A serving of cereal paired with nonfat or low-fat milk can also up the protein content of the meal and adding some fruit will increase the fiber.

Eat This: Kashi GO Cereal **Not That:** High-sugar cereals

FROZEN BREAKFAST SANDWICH: Nothing the convenience of a premade breakfast sandwich. Convenience foods have allowed us to adapt within our busy lifestyles, but it is easy to grab options that may be higher in calories and saturated fat than needed. When you inspect the freezer aisle, keep your eyes peeled for options that provide at least 12-15 grams of protein per serving and consider options that may use turkey bacon or turkey sausage, egg whites, and whole grains.

Eat This: Turkey sausage, egg white and cheddar sandwich **Not That:** Bacon, egg and cheese sandwich

LUNCH/DINNER

FROZEN MEALS: Frozen foods have revolutionized the way we cook. They are cheap, quick, and easy. It may not be a bad idea to keep some healthy frozen meals on hand for when lunch options are scant. But be careful – many frozen meals are loaded in sodium and saturated fats. Look for meals that include at least one serving of vegetables, lean meats or fish, and whole grains. Avoid meals that contain cream sauce, gravy, or fried foods.

Eat This: Healthy Choice Power Bowl Chicken Feta & Farro **Not That:** Stouffer's Chicken Alfredo

SANDWICH: Contrary to popular belief, sandwiches can be healthy! The first step is to use whole grain bread (look for bread with 3g fiber per slice) or wraps. Then choose a lean protein source such as turkey, chicken, tuna, or even chickpeas! Add color and texture by including fresh vegetables. When it comes to condiments, be wary of serving sizes and calories.

Eat This: Whole-grain turkey wrap **Not That:** Grilled ham and cheese panini

SALAD: The holy grail of healthy eating: a salad! Be cautious when choosing a salad. It may have healthy veggies but can also be high in fat and calories. The best way to ensure you are getting the most out of your salad is to add a variety of fresh vegetables, a lean source of protein, and be considerate of portion sizes for

toppings like cheese, croutons, and dressing. Getting dressing on the side allows you to control how much you use.

Eat This: Mediterranean salad with grilled chicken **Not That:** Chicken Caesar salad or taco salad

SNACKS

CHIPS & CRACKERS: On the hunt for something crunchy to snack on? Chips may seem like the go-to snack, but they lack fiber or protein, which are key ingredients for satiety. Instead, look for snacks that are made from whole grains, such as popcorn. Want an even better combo? Add a protein to the mix with options such as hummus, peanut butter, nuts, or low-fat cheese.

Eat This: Popcorn & almonds **Not That:** Potato chips

YOGURT: A single-serve container of Greek yogurt is a great source of protein and calcium. It can be the ideal snack to keep you satisfied in between meals with a few enhancements. Consider the addition of fruit, such as berries, to flavor to the yogurt yourself. A sprinkle of chia seeds can up the fiber content as well and provide a serving of omega-3 fatty acids.

Eat This: Plain Greek yogurt with blueberries and chia seeds **Not That:** Flavored yogurt

CHEESE: Cheese is a popular snack filled with protein and calcium that can be very versatile. It can be easy to overconsume cheese as a snack, so it may be best to choose pre-portioned options to prevent overconsumption. Grocery stores have a wide variety of pre-portioned cheese, such as mini wheels or string cheese, to choose from that can be part of healthy snacking. Pair your cheese with fruit to enhance the overall nutrients of this snack!

Eat This: Low-fat mozzarella string cheese with grapes **Not That:** Handful of cheese cubes

BEVERAGES

SETLZER: Research shows that diet soda may not be the solution for weight loss that many believed it to be. Instead of stoking your sweet tooth with artificially over-sweetened beverages, try an unsweetened flavored seltzer like the ones from LaCroix, Poland Springs, or Spindrift. To add flavor to your fizz, consider infusing with fresh or frozen fruit, cucumbers, or herbs.

Drink This: Unsweetened flavored seltzer **Not That:** Diet soda

COFFEE: Flavored coffee beverages may contain excessive amounts of sugar or caffeine. That doesn't mean you can't enjoy your favorite caramel macchiato, but here are some tips and tricks to keep your coffee healthy and tasty. When ordering a coffee size, be wary of the caffeine, especially if you have not eaten breakfast yet. A 16oz coffee can pack up to 330mg of caffeine (note: we should keep our caffeine intake to less than 400mg per day). Want a flavor in your coffee? Ask for half the amount, specify only 1-2 pumps, or try flavored beans. When it comes to milk, choose nonfat or low-fat dairy or unsweetened nondairy options based on your preference.

Drink This: 12 oz iced coffee with nonfat milk and 1 pump vanilla **Not That:** 16 oz caramel macchiato

ENERGY DRINKS: Energy drinks can be filled with caffeine and other stimulating ingredients. Those ingredients can increase your blood pressure and heartrate, cause anxiety, and even insomnia. Energy drinks contain high amounts of sugar that can contribute to weight gain as well. If you are feeling like you need some energy, skip the energy drink. Instead, consider why you feel like you need the energy boost. Still need a little something? Have a cup of tea, coffee, or even water. Consider getting energy from food sources like some of the snacks shared above. Take some time to listen to your body and give it what it needs.

Drink This: Green tea **Not That:** BANG or Monster Energy Drink

PORTION PATROL

With any food, nutritious or not, eating the right-sized portions is key. When you buy food, always check to see how many portions are in each package—is that bag of chips you buy for yourself meant for three? If so, try sharing with a friend, or pre-portioning out servings into small bowls, plates, or baggies before you eat so you can stretch it out over a few days.