

HINTS FOR HEALTHY EATING

There's the “no carbohydrates” diet. Other diets promise weight loss if you don't eat any sugar or if you stay away from fats. And remember that “all grapefruit” diet?

No specific food is responsible for weight gain or loss, notes the American Heart Association. Eliminating an entire food group can put your nutritional health at risk.

- Whole-grain cereals contain carbohydrates, but they're also a good source of fiber.
- Cut all fats from your diet and you may miss the heart-healthy effects of the omega-3 fatty acids found in fish and nuts.

A fad diet might help you drop a few pounds in the short term. But it might also shortchange your health in the long run. The American Heart Association (AHA) offers these tips for healthier eating:

| EAT MORE OF THESE | EAT LESS OF THESE |
|--|--|
| <ul style="list-style-type: none"> • Fruits & vegetables • Grain products, bread, cereal, rice, and pasta. Whole grains are best. • Fat-free and low fat milk products • Lean meats and poultry (remove the skin) & fish. Eat up to 6 ounces a day. • Unsaturated vegetable oils, such as canola, corn and olive. | <ul style="list-style-type: none"> • Whole milk, butter and ice cream. • High-fat processed meats, such as bologna and hot dogs. • Fatty meats that aren't trimmed. • Saturated fats, such as coconut and palm oil. • Solid fats, such as margarine and shortening. |

Variety is key to good nutrition as well as flavor. Try new vegetables or eat fruit for dessert. Most of...enjoy your meal!

The AHA offers these cooking tips:

- Grill, bake or broil food instead of frying.
- Use a vegetable oil spray for sautéing.
- Baste meats with fruit juice or marinade instead of drippings.

Use your imagination. A heart-healthy diet can taste great! Treat your heart well, and it will return the favor.

Did you know...If you already have a plan for are managing your weight or getting in shape but need help staying with it, Health Net offers a telephonic group coaching program for lifelong weight management. Most diet and exercise programs don't address how to sustain your motivation, control your impulses or reduce your stress. This program does. **To enroll in this FREE program or get more information, call this toll free number (888) 935-5966, option 3.**

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