

How To Eat Healthier

by Jane Kirby, R.D.

(NAPSA)—When it comes to changing your eating habits, you can accomplish a great deal just by making some modest changes. Four simple rules can take you a long way towards a healthier lifestyle:

Kid size, don't supersize. At fast food restaurants, kid's meals offer built-in portion control. Look for heart-healthy selections such as broiled fish, grilled chicken and steamed vegetables. Try to avoid creamy sauces and soups, fried foods and butter. Dine at home more often for control over what you cook and how you cook it.

Substitute. Cook with extra virgin olive oil instead of butter or stick margarine to eliminate artery clogging saturated and trans fats. Use lean beef in place of fattier cuts. Use reduced fat dairy products instead of full-fat ones. If you make chili with ground turkey or turkey sausage and low fat cheese instead of ground chuck and regular cheese, every serving will cut about 40 calories and 5 grams of fat and 2½ grams saturated fat painlessly. The Internet is a great resource to find other healthy substitutions. For example, on the America Online service at AOL Keyword: Food, an innovative Kitchen Assistant recipe database offers many substitution options—including low-carb and low-cholesterol—that will make your meals healthier without sacrificing taste.

Harness pyramid power. Eat the right foods from the famous food pyramid. Choose pasta and breads made from whole grains. Eat fruits and vegetables with the deepest colors, such as dark green or bright red and orange. Pick lean cuts of meat. Remove the skin from poultry. Include low-fat dairy products. Limit sugary treats.



Keep your balance. Eat carbohydrates with lean protein to control appetite. Adding an egg to a slice of toast or half an ounce of aged Parmesan to a fresh pear gives them staying power.

Turkey Burritos

from "Cooking Light" magazine,
found on AOL Food

Cooking spray

- ½ cup chopped onion
- 2 garlic cloves, minced
- 1 pound ground turkey breast
- ½ cup water
- 3 tablespoons bottled salsa
- 2 teaspoons dried oregano
- 2 teaspoons ground cumin
- 1½ teaspoons chili powder
- 1 (4.5-ounce) can chopped green chiles, undrained
- 6 (8-inch) flour tortillas
- 1 cup (4 ounces) preshredded reduced-fat Mexican blend cheese

Heat a large nonstick skillet coated with cooking spray over

medium heat. Add chopped onion and minced garlic, and cook for 3 minutes or until onion and garlic are tender, stirring frequently. Add ground turkey breast, and cook mixture for 10 minutes or until the turkey is browned, stirring to crumble. Stir in the water and the next 5 ingredients (water through chopped green chiles). Cover mixture and cook for 5 minutes over medium heat. Warm flour tortillas according to the package directions. Spoon 2½ tablespoons Mexican blend cheese down the center of each tortilla. Top each tortilla with ½ cup turkey mixture; roll up. Serve with Spanish rice for an easy fun dinner.

Yield: 6 servings (serving size: 1 burrito). Each serving has 329 calories and 11.1 g fat.

AOL Food Expert Jane Kirby is a registered dietitian, the author of "Dieting for Dummies," and the former food editor at "Real Simple."