

Health Hints

Tips For A Healthier You

(NAPSA)—As obesity reaches epidemic proportions in the United States, including one-third of the nation's children, many Americans are finding simple options to establish a healthy lifestyle.

Here are a few hints that may help:

Write it down! Start a journal to record what you eat. If you record how much you eat, when, and how you feel, you may discover you're eating when you're not even hungry.

Portion control. When you dine out, consider the portion size of food served. Servings at restaurants or fast-food places tend to be several times larger than what one person should eat. Try splitting meals with a dining companion.

It's about color. It's important to choose a variety of colorful fruits and vegetables each day because they provide different nutrients. For example, orange fruits and vegetables have high amounts of vitamin A. Vitamin A plays a role in vision, bone growth and many other functions. Generally, the deeper the color, the more vitamins and minerals present.

Where's the beef? Meat is not the only source of protein. You can also get protein from beans, peas, nuts and seeds. Try sprinkling nuts over your salad, blend up a quick bean dip or have a peanut butter sandwich.

Prepare meals ahead. Make large batches of meals on the weekend for use during the week. Try soups, stews and casseroles that can be easily portioned and frozen.



Vegetables add fiber, vitamins and color to a meal.

Fabulous fiber. The majority of Americans only get about half the recommended daily fiber intake. Most people should consume between 25 and 35 grams of fiber per day. Fiber can promote regularity as well as reduce risks of diabetes, obesity and cancer. Good sources of fiber include fruits, vegetables, whole grains, beans, lentils and peas.

Get moving. Regular physical activity is critical to a healthy lifestyle. For adults, 30 minutes a day of physical activity is recommended. For children, 60 minutes every day is preferred.

These tips come from the experts at The Michael & Susan Dell Center for Advancement of Healthy Living. Partially funded through a grant from the Michael & Susan Dell Foundation, it's a world-class center at The University of Texas School of Public Health, Austin Regional Campus. The Center works to better influence factors, behaviors and conditions that affect healthy living and prevent obesity and type 2 diabetes in families.