

**As we consider the winter months, the holiday season and our day to day habits I have included some ideas that may help to lower medical bills, lower grocery bills, create a healthier lifestyle, and increase your chance to enjoy family and friends for many more years to come.**

**SIMPLY WALK MORE!** Increase the amount of exercise you get daily by walking 15 minutes at a brisk pace. Then next week, you can increase that 15 minutes to 20 minutes and keep going. If you walk 15 minutes at a brisk pace daily, you will probably be walking about one mile. Don't let the cooler weather stop you. Bundle yourself up, get some fresh air, relieve some stress, and walk briskly! If you need a dry place to walk, your school presents a great alternative! Check out the library for an exercise DVD to use in your home. If you have children...have them walk with you! If you want a walking partner, ask and encourage someone to join you! You don't have to know the amount of steps or the distance you are walking, but you should FEEL like you have walked briskly and not just leisurely strolled. Shut off the TV and the computer and make the next 15-20 minutes really count!

**EAT MORE VEGGIES!** Following are some great suggestions from Diabetic Living Magazine by Hope Warshaw, M.S.,R.D.. They are great suggestions for ALL of us. Are you noticing more diabetic diagnosis lately? There will be many more to follow! MANY cases of diabetes can be prevented. Yes, there are some types of diabetes that will happen because of genetics, but a high number are caused by too many carbohydrates and sugars!

1. Start a meal with a salad or hot or cold vegetable soup to help you feel full and eat fewer total calories throughout you meal.
2. Check out the produce aisle. Think about what is quick and easy to eat at home or away when you are pressed for time.
3. Prepare vegetables aplenty. **Steam** a head of broccoli or cauliflower, then eat the cooked veggies, hot or chilled, over the next couple of days. Steamers help to retain more nutrients in the cooking process.
4. Sneak in extra vegetables, Cook up onions, mushrooms, and peppers and serve them in an omelet, meat loaf, tomato sauce, or on a pizza.
5. Go beyond the usual. Top a sandwich with spinach leaves, roasted red sweet pepper strips, or cucumber slices.
6. Snack on pepper strips and broccoli buds with a low-fat yogurt dip or dressing.
7. Fix salads en masse. Mix a bowlful of fresh salad ingredients to last for two or three days, making sure the greens and vegetables are dry. Seal the undressed salad in an airtight container to keep it fresh and crisp. Rinse and drain the right amount before serving.
8. Toss vegetables representing a rainbow of colors into your salads. Consider using snow peas, beets, corn, tomatoes, and radish slices.
9. Explore the variety of nutrient-rich greens, such as spinach, kale, Swiss chard, and collards.
10. Down a 6-ounce can of tomato or vegetable juice and count it as a vegetable serving. (Select the low sodium variety if you are watching your sodium intake.)

These are some simple ways to begin making changes. A little bit at a time can really make a BIG difference! Happy walking and enjoy the colorful vegetables.

#### Menu ideas

4-6 ounce serving Grilled, baked, or broiled chicken breast ( the size of the palm of your hand)

Green salad topped with your favorite raw vegetables ( try a different vegetable than you normally would) 2 teaspoon of fetta or blue cheese, pineapple or mandarine orange slices, a few walnuts or almonds, and a low fat dressing.

Tomato Soup

Green beans either fresh or frozen

A slice of 100% whole wheat bread

milk

4-6 ounce serving of Baked BBQ beef ribs baked with 2 onions

Vegetable soup

Steamed Broccoli sprinkled with low-fat cheese

½ baked potato topped with low-fat sour cream

½ cup frozen fruit topped with low fat cool whip

milk

4-6 ounce serving of Lean Pork roast (put in the crock pot in the am)

Carrots, onions, green or red peppers, mushrooms (steam then add to the roast after you get home or steam ahead of time and add when you get home)

Garden salad, topped with you favorite veggies a small amount of dressing

A slice of 100% whole wheat bread

Fresh fruit

milk

4-6 ounce serving of Baked fish (not fish sticks)

Spinach salad topped with manderine oranges, almond slices, one teaspoon crisp bacon

Crumbled, chow mein noodles with vinegar and oil dressing or low-fat dressing

½ baked sweet potato, sprinkle with small amt. brown sugar and margarine

Green beans

Apple sauce

1% or skim milk

4-6 Ounce grilled or broiled ground round hamburger patty

whole wheat bun with lettuce

Garden Salad topped with veggies

Frozen or fresh vegetable blend

Canned pineapple in its own juice with fresh apple chunks

Milk

- I did not include pasta and foods with white flour and sugar because they tend to increase the blood sugar level which increases the excess fat we accumulate!
- If you drink pop, try replacing it with water.
- If you love sweets, try a smaller piece one time a week instead of multiple times a week.

**\*\*Serving size is important!**

**NORMAL- SIZE ME!      To follow are suggested serving sizes.**

If you looked at the above menus and thought you could not eat all of that food.....think about what you are eating and the quantities.

Following are suggested **average DAILY TOTALS** for adults who get less than 30 minutes of moderate physical activity beyond normal daily activities.

Food Group	Men	Women
Grains (breads, cereals)	7 ounces	5 ½ ounces
Vegetables	3 cups	2 ½ cups
Fruit	2 cups	1 ½ cups
Milk	3 cups	3 cups
Meat	6 ounces	5 ounces
Fat and Oils	6 teaspoon	5 teaspoon

**Typical single-serving sizes for adults**

Food	Measure	Hand visual
Cereal	one cup	2 handfuls
Pasta	one half cup	one handful
Bread	one slice	one palm
Lettuce	4 leaves	one handful
Carrots	4 baby carrots	4 fingers
Potato	5 ounces	½ fist
Apple	1 apple	½ fist
Raisins	¼ cup	½ handful
Orange juice	½ cup (4 ounces)	
Cheese	2 ounces	2 thumbs
Ice cream	½ cup	½ fist
Meat	3 ounces	one palm
Poultry	3 ounces	one palm
Eggs	one large egg	
Vegetable oil	2 tablespoons	one thumb tip
Salad dressing	2 tablespoons	one thumb tip
Peanut Butter	2 tablespoons	one thumb tip

