

## R.E.A.L. Goal<sup>SM</sup>: Eating Better

*(Realistic, Easy, Attainable, Life Goals)*

**Example:** I will make one minor change this week to eat better (cut unhealthy fats in half; avoid added sugars, etc.)

**Limit Added Sugar:** Not all sugar is the same. Natural sugars are found naturally in foods like fruit, dairy, and honey. Added sugars are added to the food or beverage during the creation of the item, they have no nutritional value yet add a lot of calories.



### Tips:

- Try limiting added sugars by looking for high fructose corn syrup, dextrose, sucrose, cane juice, and cane syrup on the label.
- Buy unsweetened if possible, for items like applesauce, canned fruit, oatmeal, nut butters, coffee, and other beverages.
- Substitute enriched white carbohydrates for whole grains. Try whole-grain pasta, whole-wheat bread, and whole-wheat crackers. The fiber in whole wheat options helps increase the nutritional value and tends to have lower sugar.
- Limit high-sugar items like candy, desserts, cereals, and sweet drinks. Try finding an option like a dessert-flavored protein shake or make a fruit smoothie as a substitute for a sweet treat.

**Increase Fruits and Veggies:** Vegetables and fruits are high in nutritional value, meaning they have a lot of vitamins, minerals, and fiber we need to function while tending to have fewer calories than processed foods.

### Tips:

- Meal Prep: Have washed and cut fruit and veggies available to you for easy access.
- Blend Them: Make a smoothie with fruits and veggies. Then you can drink them and not think about it. Adding spinach or kale to a fruit smoothie can hide the taste!
- Add to Old Favorites: Add vegetables to your scrambled eggs. Add fruit, chia seeds, or plain yogurt to your oatmeal. Add zucchini, mushrooms, tomatoes, and/or eggplant to marinara sauce.
- Have it on hand: Canned and frozen versions still have nutritional value! Frozen veggies and fruits are often picked and frozen at the peak of ripeness. If buying canned versions, look for no added sugar/salt.

## Three Types of Fats:

**Unsaturated** = healthy fats, that help with increasing HDL (good cholesterol.)

- Good options to consume are olives, olive oil, nuts, seeds, avocados, and fish like tuna, salmon, lake trout, and mackerel.
- Walnuts are particularly high in good omega-3 fats.
- Avoid fried fish, instead, try grilled/baked/poached.
- Remember to stick to recommended serving sizes.

**Saturated** = Unhealthy fats in large quantities

- Focus on limiting saturated fats. Limiting them can help improve lipid (cholesterol) profiles.
- Use in moderation - butter, cheese, coconut oil, poultry with the skin on, dairy with 2% fat or higher like whole fat, and red meats like pork, beef, and lamb.
- Many baked goods and fried foods can also contain high levels of saturated fats.

**Trans** = Extremely Unhealthy/Avoid and limit

- Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels.
- Eating trans fats increases your risk of developing heart disease, type 2 diabetes, and stroke.
- Try to avoid fried foods like doughnuts, baked goods like pie crust, frozen pizza, crackers, and hydrogenated oils including some fake butter spreads.

**Online Resources:** The following resources are offered online and as phone apps to try out different recipes and ideas about eating healthy and how to maintain it.

- [Skinnytaste.com](http://Skinnytaste.com)
- [WeightWatchers.com](http://WeightWatchers.com)
- [MyFitnessPal.com](http://MyFitnessPal.com)
- [Noom.com](http://Noom.com)
- [Myplate.gov](http://Myplate.gov)
- [WebMD.com](http://WebMD.com)

## Healthy Substitutions

Instead of	Use	Comments
Sour Cream	Plain Greek Yogurt	Higher in protein and lower in fat
White Rice	Brown rice or Quinoa	Whole grain
Tortilla Wraps	Lettuce Wraps or Whole grain wraps	Low Carb and more nutrients
Iceberg Lettuce	Spinach, Kale, Arugula	Darker greens = More nutrients
Mayonnaise	Avocado/ Hummus	High in Omega 3 fatty acids
White Flour	Whole Wheat Flour, Almond Flour, or Coconut Flour	More nutrients
Breadcrumbs or Croutons	Oats, Chia Seeds or Crushed nuts	Whole grain and higher fiber
Flavored Yogurt	Plain Yogurt with fresh fruit	Less added sugar & more natural sugar
Heavy Cream	1% Milk, Coconut milk, Almond milk or Oat milk	Use in soups & stews
Potato Chips	Baked Kale or Sweet Potato Chips	Toss in olive oil & seasonings Bake in the oven
Soda	Flavored/ Sparkling Water	Try adding lemons, berries, or mint to your water
Ground Beef	Ground Turkey or Ground Chicken	Buy leaner meat Ex: 93% Lean and 7% Fat vs 80% Lean and 20% fat
Milk Chocolate	Dark Chocolate	High levels of antioxidants
Oil in Baking	Applesauce	Fewer calories without losing flavor or texture

To choose another goal, go to: [prevea360.com/realgoals](https://prevea360.com/realgoals)

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