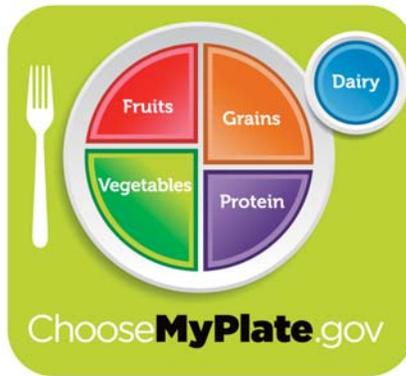


# Eating Right Takes Planning

Good health and nutrition starts with making the right decisions in the grocery store. The best way to get what you need is to enjoy a wide variety of nutrient-rich foods that are packed with energy, protein, vitamins and minerals from all the MyPlate food groups. Eating smarter and moving more will help you to obtain and manage a healthier weight, but you need to plan ahead. When grocery shopping, look to the four corners of the store, and stay away from the center aisles as much as possible. Here are a few tips to plan your grocery list:



## Meat / Poultry / Fish

Aim for 95% or higher lean meat; the leaner the meat, the less the fat. When buying poultry, choose breast — a 3-ounce skinless, chicken breast provides about 140 calories, 3 grams of total fat and just 1 gram of saturated fat. If you can, splurge on fish, it's a great high-protein, low-fat, and low-calorie option.

## Dairy

Choose low-fat or fat free milk products. Limit the amount of cheese you eat to no more than 1 oz. per day. Purchase plain and Greek yogurt and add your own toppings, such as frozen fruit, nuts, or dab of honey.

## Grains

The biggest problem with low-carb diets is it restricts your body's preferred energy source. To cut back on calories, reduce sugary drinks and snack foods. Whole grains provide longer lasting fuel for your body.

## Fruit & Vegetables

Grab a rainbow! This will give you a variety of nutrients. To keep yourself full throughout the day, pack fruit, vegetables, and nuts for a snack. Top salads with nuts or seeds and less cheese, dressing, and croutons.

*Lindsey Tsai, R.D.N. 12/7/2017*

Adapted from <http://www.eatright.org>; <http://www.health.com>; <http://www.eatright.org>;

## Café 60 Dining in Lane County Call for Information

[www.laneseniormeals.org](http://www.laneseniormeals.org)

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