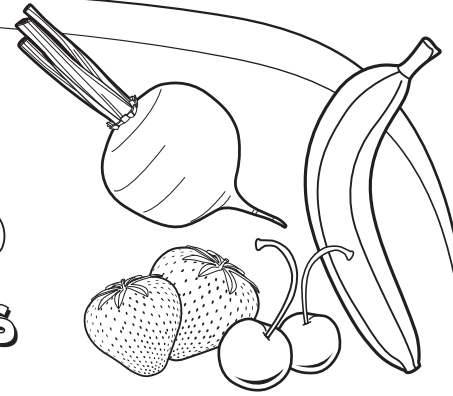


# CLOUDY with a chance of MEATBALLS



## HEALTHY EATING TIPS

**Here Is Something Basic** everyone should know: which foods are the most healthy for them. Most people do recognize that fresh food is the best and most nutritious. Still, many people do not regularly eat healthy meals. One reason is that good quality food typically costs more and takes longer to prepare than processed or fast food, which are quick, easy and cheap. However, there are options available and healthy eating habits can be attained by using this guide — and a little common sense — to control which foods we eat and how much.

### Viva Variety

Eat a variety of foods. It is important to vary the types of food we eat to stay healthy. For at least two meals a day, try to eat meals that include a starch, such as potatoes, pasta, bread or rice; fresh or frozen vegetables or green salad; meat such as chicken, pork, beef, eggs, tofu or fish; and eat fruit daily as a snack or dessert. Avoid canned vegetables and fruits which are typically high in sodium. In a balanced meal, the starch in the meal fills you up and provides carbohydrate energy, the meat provides necessary protein and iron and the vegetables and fruits provide vitamins, minerals and fiber to help with digestion.

### Department of the Oink

Don't overeat. Restaurants tend to serve very large portions, but don't supersize it. Simply eat until you are full and then stop — especially with high-calorie foods, which includes anything deep fried. You can always take the leftovers to go.

### Snack-a-doodle

Avoid regularly snacking on processed foods. There are lots of healthy snack options available at the supermarket. Look for snack foods that are the least processed and eat small portions instead of making a meal out of it. Try eating fresh or dried fruit such as banana or apple instead of fried potato chips — or even try baked chips instead. Also, look at the ingredients of the food packages you buy. If the ingredients list

is very long and is comprised of words that sound like a bunch of chemicals that you cannot pronounce, then it is probably full of fillers, preservatives and food stabilizers that are meant to keep it fresh for years to come. It's not fresh.

### Extra Value Combo Meal

Avoid eating fast food meals. Fast food is usually very high in calories, cholesterol, sugar and sodium. If you do eat fast food, then try to mix that slice of pizza or burger and fries with a salad or fruit and drink an iced tea or water instead of soda.

### Sugar Rush

Watch out for foods and drinks containing large amounts of sugar, which commonly comes in the form of corn syrup. Listings of ingredients on food packaging are in order of most to least, so be aware of where the sugar is on the list. For example, concentrated fruit juice and fruit juice with corn syrup added often contain more sugar than sodas do, so drinking juice isn't necessarily good for you. Try cutting juices in half with water. It will still be sweet, but with half the sugar.

To sum it up, try to eat a variety of fresh, unprocessed foods. Limit your intake of fast food but if you do, then add a salad or fruit to your meal. Limit your intake of fried foods and don't overeat. Buy fresh or fresh-frozen vegetables and fruit but avoid canned which are typically high in sodium and added sugar.

