

Kicking Unhealthy Eating Habits

Let's face it, eating "healthy" can be more challenging when we have unhealthy habits we have built over a lifetime. Here are some suggestions from the Academy of Nutrition and Dietetics for kicking a few of the most common unhealthy habits, such as skipping meals and overdoing the caffeine:

Eat Breakfast

There's no better way to start your morning than with a healthy breakfast. "It provides your body with the fuel it needs to make energy to keep you focused and active throughout the day," says Jessica Crandall, RDN, CDE, AFAA, Academy of Nutrition and Dietetics Spokesperson. Not only that, but if you are trying to lose weight, fueling your body regularly "will help you from possibly making unhealthy decisions later in the day based on hunger," adds Crandall. The key to a good breakfast is balance. Include lean protein, whole grains and fresh, frozen or canned fruits and vegetables. For example, try oatmeal cooked with low-fat milk and sliced almonds and berries or crust-less quiche with mixed veggies, low-fat cheese and a slice of whole-wheat toast.

Bring Lunch with You

How do you make bringing lunch easy if you have

errands to run or are volunteering in your community? "Have your arsenal of food for the week. Have the right foods to put together," says Jim White, RDN, ACSM-HFS, Academy Spokesperson. "By stocking up the fridge, you're setting yourself up for success." Some foods to have on hand include baked chicken, chopped veggies, and steamed rice. When you select foods to take with you for lunch, make sure your options include a combination of lean protein and carbohydrates. For example, try whole-grain bread with turkey, a cup of veggies and a piece of fruit. Or, try a salad with veggies and chicken, a piece of fruit and a 100-calorie cup of low-sodium soup. It doesn't have to be a full meal. "If you're crunched, get a snack," says White. Go for fat-free or low-fat yogurt and fruit, whole-wheat crackers and low-fat cheese or hummus and baby carrots.

Cook Dinner at Home

Making meals at home doesn't have to zap the last bit of your time and energy. The trick is to plan ahead. "If the week is cramped for you, then prepping on the weekend is a great time saver," says Crandall. Choose options you can make in advance. For example, cook a batch of soup you can portion out for lunches or dinner during the week, or bake a whole chicken to slice for sandwiches, wraps and casseroles, suggests

Kicking Unhealthy Eating Habits (continued from front)

Crandall. Use shortcuts such as pre-cut or frozen veggies and keep staples on hand, such as low-sodium broth, herbs and lemons for flavoring. A quick and easy idea is to turn leftover beef into stew with beans, no-salt-added diced tomatoes and pre-cut veggies.

For breakfast eat ...

- ♥ Berries with low-fat cottage cheese and high fiber cereal
- ♥ Whole-wheat English muffin with peanut butter
- ♥ Whole grain cereal with low-fat or fat-free milk
- ♥ Oatmeal with a side of hard-boiled or scrambled egg

For lunch try ...

- ♥ Oil-based salad dressing instead of a cream-based dressing
- ♥ Salad with as many veggies as possible
- ♥ Ordering an appetizer as a meal
- ♥ Splitting an entrée or saving half for later

For dinner use ...

- ♥ Pre-cut veggies
- ♥ A slow cooker
- ♥ Leftovers
- ♥ Extra veggies in stir-fry, meatloaf, spaghetti sauce and soup
- ♥ Frozen fruit for desserts

Cut Back on Caffeine

Too much caffeine can interfere with sleep, can make you jittery and can cause you to lose energy later in the day, says Jim White. Keep your caffeine intake in check by limiting regular coffee to 3 cups

or less a day, and watch what you put into it. Skip unwanted calories and sugar by drinking it as plain as possible. Need to wean off? White says to try three things: switch to half decaf or tea, drink plenty of water and eat small, frequent meals to keep up energy.



How Many Calories Do Older Adults Need?

Most older adults need fewer calories than they did in their younger years. The number of calories you need each day depends on your age, gender and activity level. The chart below lists **average** calorie levels for adults 51 years and over. To find out how many calories you need each day, visit www.choosemyplate.gov/myplate/index.aspx. (At this website, you can enter your age, height, weight and activity level and a food pattern will be created for you.)

Activity Level	Women Aged 51+	Men aged 51+
Sedentary (not active)	1,600 calorie per day	2,000 calories per day
Moderately Active	1,800 calories per day	2,200-2,400 calories per day
Active	2,000 to 2,200 calories per day	2,400-2800 calories per day

NUTRITION NEWS is a monthly publication of the Dutchess County Office for the Aging. The information was prepared by a Registered Dietitian. The Dutchess County Office for the Aging is funded under Title III of the U.S. Older Americans Act, the NYS Office for the Aging, and the county of Dutchess. The Office for the Aging denies no person access to service or employment based on age, race, national origin, creed, religion, marital status, sexual orientation, and/or disability.



A Publication of the Dutchess County Office for the Aging

Dutchess County Office for the Aging,
27 High Street, Poughkeepsie, NY 12601
(845) 486-2555 / (866) 486-2555

