

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Lose Weight By Eating More Fruits & Vegetables

If you are trying to lose weight or maintain weight, which do you think is a better snack choice?

- 1 candy bar - It has about 240 calories.
 - 1 medium (3-inch diameter) apple - It has about 140 calories.
 - 1 carrot (7-inches long) - It has about 72 calories.
- ✓ Eat fewer foods high in fat and sugar such as candy, doughnuts, cookies, chips, etc..
 - ✓ Eat more vegetables and fruits.
 - ✓ Pack a healthy lunch that has a vegetable and a fruit.
 - ✓ Make wise choices when eating at fast-food restaurants by choosing foods with the lowest amount of fat. Replace French fries with salad and low fat dressing.



Carrot Salad Serves 4.

2-1/2 cups shredded fresh carrots

1 medium stalk celery, thinly sliced

1/2 cup raisins

1 can (8 oz.) crushed pineapple, well drained

1 container (8 oz.) nonfat or lowfat lemon yogurt

Combine all ingredients. Serve on salad greens if desired.

Meal suggestion: Serve carrot salad with a luncheon meat sandwich and a glass of milk.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 1 g ~ calories from fat 10 ~ sodium 80 mg ~ total carbohydrate 41 g ~ fiber 3 g



March is National Nutrition Month

Tip of the Month: Plan your breakfast the night before. If possible, prepare breakfast ahead of time and store in the refrigerator.

