

## 5 Health Tips for 2014



### 1. **Start with a smart breakfast**

Breakfast is a very important meal! Research shows breaking an overnight fast with a balanced meal can make a big difference in overall health and well-being. Think outside of the breakfast box: peanut butter on a whole wheat tortilla with banana or enjoy a tofu scramble with vegetables stuffed with pita bread.

### 2. **Watch Portion Sizes**

Using smaller plates, bowls and glasses can help keep portions under control.

### 3. **Be Active**

Start by doing what exercise you can for at least 10 minutes at a time. You don't have to hit the gym – take a walk after lunch or dinner.

### 4. **Fix Healthy Snacks**

Healthy snacks can help your energy levels between meals. Whenever possible, make your snacks *combination snacks*: whole grains, fruits, vegetables, low-fat or fat-free dairy, lean protein or nuts. Snack ideas are: baby carrots with hummus dips, whole grain crackers with low fat sliced cheese, English muffin with almond butter, sliced apple with yogurt dips, cut up fresh fruits with sliced almonds toppings.

### 5. **Explore New Foods and Flavors**

Add more nutrition and eating pleasure by expanding your range of food choices. Try different versions of familiar foods like jasmine or basmati rice, azuki beans or Asian pear.