

NUTRITION TIPS FOR HEALTHY EATING

 **The Minnesota Star Tribune**

Healthy eating is all about balance. Eating healthy can improve your mood and give you more energy while feeding your body good nutrients.

TWO SIMPLE THINGS TO KEEP IN MIND WHILE EATING HEALTHY:
AVOID ADDED SUGARS & EAT WHOLE FOODS.



Avoid added sugars

Food like fruit has natural sugars in it. Added sugars are when the sugars don't naturally occur in a food or drink and are added during preparation or processing. These are dangerous — they add calories, provide little nutrition and can cause weight gain.

Use these tips when limiting foods and drinks with added sugars:

Be alert with processed foods

- Most common foods where you will see added sugars: soda, fruit juice, energy drinks, desserts, bread, baked beans, tomato sauce, ketchup and salad dressing.

Don't be fooled by "healthy foods"

- These are marketed as healthy for a specific reason. Ex: "Low in saturated fat" could still mean high in sugar.
- Common products you will see in this area: cereal, granola, crackers, nutrition bars, candies, chips and foods that have reduced sodium or fat.

Read nutrition labels carefully

- The ingredients list is ordered by weight. If you see sugar (or another name for sugar) listed early in the ingredients, this food has more sugar in it than compared to the ingredients that follow it.
- The nutrition facts label has both total sugar and added sugars.

Watch for hidden sugars

- Added sugars have many different names. Look for any of these words in the ingredients:
 - Agave syrup
 - Corn sweetener
 - Corn syrup
 - High-fructose corn syrup
 - Evaporated cane juice
 - Fruit juice concentrate
 - Dextrose
 - Fructose
 - Glucose
 - Lactose
 - Maltose
 - Sucrose
 - Honey
 - Molasses
 - Syrup



Eat whole foods

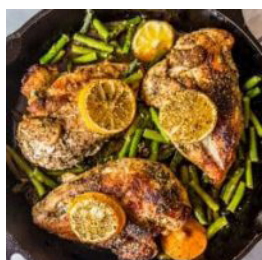
When you eat whole foods, you are getting the food in its natural state with all of the nutrients intact and nothing is processed. The nutrients from whole foods may help to keep your immune system strong and protect you from diseases such as cardiovascular disease, many types of cancer, type 2 diabetes and obesity.

WHOLE FOODS THAT ARE HEALTHY

- Whole grains
- Healthy fats
- Vegetables
- Lean meats
- Nuts & seeds
- Fish
- Beans & legumes
- Eggs

FOODS/INGREDIENTS TO AVOID

- Saturated fats
- Sodium
- Trans fats
- Added sugars
- Cholesterol



ONE POT LEMON CHICKEN AND ASPARAGUS

Yield: 4 servings | Prep time: 3 minutes | Cook time: 45 minutes | Total time: 48 minutes

One pot skillet chicken and asparagus is truly a perfect dish — just toss ingredients in, and out comes a complete meal with a side dish! Perfect for busy weeknights, dinner parties, or Sunday supper.

INGREDIENTS

- 2 Tbsp. olive oil
- 4 chicken breasts
- 1 lemon, sliced into thin rounds
- 4 cloves garlic
- 1 tsp. oregano
- 1 bunch of asparagus, woody parts trimmed and then cut into 1" strips
- Salt and pepper, to taste

INSTRUCTIONS

- Preheat oven to 400 degrees.
- Heat cast iron pan on stove on medium high.
- Add olive oil to hot pan and heat until shimmery.
- Add chicken to pan and brown.
- Remove from stove and add lemon, garlic and oregano into pan.
- Cook in oven until chicken reaches 155 degrees internally, about 25 minutes.
- Add asparagus to pan.
- Continue to heat until asparagus is soft and chicken has reached internal temperature of 175 degrees, about another 20 minutes.
- Serve immediately with salad, rice, or vegetables.