

# Compatible News

## January: Healthy Eating

As we survived the Holidays and may have put on a few extra pounds, it is of the most importance to focus on what we are putting in our mouths. You may have made a New Years resolution to eat healthy, so if you did; it is more importantly to follow through with it. You will need to make a lifestyle change.

Healthy eating is all about balance. You can enjoy your favorite foods even if they are high in calories, fat or added sugars. The key is eating them only once in a while, and balancing them out with healthier foods and more physical activity.

A healthy eating plan includes:

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products

Includes lean meats, poultry, fish, beans, eggs, and nuts

Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars

Stays within your daily calorie needs

All fresh, frozen, or canned fruits are great choices. Be sure to try some "exotic" fruits, too. How about a mango? Or a juicy pineapple or kiwi fruit! When your favorite fresh fruits aren't in season, try a frozen, canned, or dried variety of a fresh fruit you enjoy. One caution about canned fruits is that they may contain added sugars or syrups. Be sure and choose canned varieties of fruit packed in water or in their own juice. You may find that you love grilled vegetables or steamed vegetables with an herb you haven't tried like rosemary. You can sauté (panfry) vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish — just microwave and serve. When trying canned vegetables, look for vegetables without added salt, butter, or cream sauces. Commit to going to the produce department and trying a new vegetable each week.

Love  
yourself  
enough  
to live  
a healthy  
lifestyle.

You may automatically think of a glass of low-fat or fat-free milk when someone says "eat more dairy products." But what about low-fat and fat-free yogurts without added sugars? These come in a wide variety of flavors and can be a great dessert substitute for those with a sweet tooth.

If your favorite recipe calls for frying fish or breaded chicken, try healthier variations using baking or grilling. Maybe even try a recipe that uses dry beans in place of higher-fat meats. Ask around or search the internet and magazines for recipes with fewer calories — you might be surprised to find you have a new favorite dish!

If you are having trouble or would like more information on serving sizes of each of the food groups the Department of Agriculture has great tools that can help you out. Click on the link below and explore yourself to new you!

<http://www.choosemyplate.gov>

Also try to get at least 30-60 minutes of physical activity

3-5 times a week!



[http://www.cdc.gov/healthyw eight/healthy\\_eating/index.html](http://www.cdc.gov/healthyw eight/healthy_eating/index.html)



Contact us today for a FREE Assessment!

**(480) 378-3700**

908B W. Chandler Blvd.

Suite #3

Chandler, AZ 85225

[www.chc-valey.com](http://www.chc-valey.com)

## Compatible Home Care Quality Care That Fits Your Life

Compatible Home Care is a home care agency, which knows the importance of exceptional care for a family's loved one. Compatible prides itself on employing highly trained caregivers who will treat your loved one with the compassion and kindness they deserve. Compatible believes in providing quality and EPIC (empathy, patience, integrity, and compassion) care.

Compatible Home Care Agency also holds an Alzheimer's support group in the main office once a month and also holds educational seminars on various diseases and conditions for community members. Please feel free to contact our office for further information.

