

Nurses Notes on Nutrition  
“Tips on Keeping a Healthy Weight”  
by Monica Petrella RN

To maintain a healthy weight, we must be aware of our calorie intake and physical activity. Here are a few tips on controlling our calorie intake:

- Make a conscious effort of what you choose to eat, why, when and how much.
- Learn about what you are eating and pay attention to the nutritional value.
- Look at food labels.
- Prepare meals at home using smaller portions and lower calories.
- If you have to eat out, choose smaller portions, share or take home part.
- Eat a nutritious breakfast.
- Carry fruit for a yummy snack.
- Try flavored milk but choose low fat or fat-free.
- Buy less junk food.
- Drink lots of water instead of sugary drinks.
- Try not eating after 8 o'clock.
- Choose lean meats, fish and poultry, - baked, broiled or grilled, rather than fried.
- Eat more green and orange vegetables rather than fried foods.

Here are a few treats that are 100 calories or less: 1 medium size apple; 1 medium size Banana; 1 small to med. pear; 1 cup blueberries; 1 cup grapes; 1 cup carrots, broccoli or bell pepper with 2 tbsp. hummus.

**See tips on physical activity in the next news letter.** Eat healthy and stay happy!