

Smart Eats for a Healthy Weight

Eating for healthy weight is not about going on (and then off) the latest diet. The best way to achieve—and maintain—a healthy weight is to make small changes that you are willing to do forever. These six smart eating habits can help you reach your health goals.

1. Eat early. Kick-start the day with a power breakfast. Start with a protein (like yogurt, peanut butter, lean deli-meat or an egg); add a whole grain (like a high-fiber cereal, whole-wheat toast or bran muffin); and finish it off with fruit (like a banana, canned peaches, frozen blueberries or orange juice).

2. Eat regularly. Snack smart to curb the munchies. Letting yourself get too hungry can lead to overeating. With power snacks nearby, you won't be tempted by donuts or vending machines. For long-lasting energy, enjoy a handful of nuts or trail mix; a piece of string cheese or beef jerky; or some creamy yogurt with fruit.

3. Eat bright. Fight disease with a rainbow of produce. The phytonutrients in produce help fight cancer, heart disease, high blood pressure and the effects of aging. They also add great taste and bright colors to every meal. Eat green (broccoli), red (tomato), orange (cantaloupe), yellow (squash) and purple (grapes).

4. Eat whole. Enjoy the nutrient combos in whole foods. Nature does an amazing job of putting nutrients together. Whole grains have a bundle of fiber, folic acid and B-vitamins for healthy hearts. Dairy foods have calcium, magnesium and protein for strong bones. Lean beef has zinc, iron and protein for muscle power.

5. Eat strong. Put some protein in every meal and snack. Protein, more than carbohydrates or fat, leads to feelings of fullness and satisfaction. Solid protein (rather than the liquid form, like milk) is more satisfying. Including some protein every time you eat can be a real help in long-term weight management.

6. Eat half. Re-size super portions to fit your needs. Today's portions—fast food, restaurant, vending and cookbook—have all been super-sized. Many servings are two to four times what your body needs or wants. One simple solution, cut your food in half. Eat part now and save the rest for later.

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Healthy Buncombe
The Eat Smart Move More Coalition

Lead organizations: Buncombe County Health Center, Buncombe County Cooperative Extension, YWCA of Asheville, City of Asheville, YMCA of WNC, Liberty Bikes, ABIPA, ABYSA, Be Active Appalachian Partnership, Bountiful Cities, Health Partners, The Health Adventure, Mission Hospitals, Quality Forward, Town of Black Mountain, UNCA