

Moving Toward Healthier Eating

Making healthier choices for most is a 'work in progress'! Many of us will never swing to a perfect diet overnight, but rather we will take small steps to change our eating up over time. As we move away from the typical U.S. diet that causes great harm to our health, laden with saturated fat from fatty meat and dairy, refined and sugary carbs, and foods loaded with sodium, what are we to eat? Check out this chart to see healthy eating over the 'spectrum' and see if you can begin to incorporate better choices. Start scaling that mountain for robust health! You will feel terrific and save your health!

<u>What You Used to Eat</u>	<u>Give these meals a try!</u>	<u>And substitute out more Meatless Meals!</u>
Cheeseburger & fries →	Grilled chicken sandwich & side salad	+ Black bean burger on whole wheat bun & salad
Beef tacos with cheese →	Chicken tacos with pico de gallo	+ Pinto or black bean tacos with avocado & pico
Chicken fettucine alfredo & breadsticks →	Whole wheat pasta primavera with chicken & salad	+ Whole wheat pasta with red sauce, peppers, mushrooms, onions & chickpeas with salad
Bologna & cheese sandwich on white bread & chips →	Grilled chicken breast on whole wheat bread with swiss cheese, mustard and baked chips	+ Veggie sandwich with whole wheat bread, with avocado, cucumbers, spinach, tomatoes, onions & peppers with side of raw veggies & hummus
Chicken tenders & onion rings →	Broiled fish with steamed broccoli	+ Mediterranean quinoa salad with vinaigrette
Steak, potatoes & corn →	Salmon, brown rice & asparagus	+ Red beans & brown rice with mango salsa
Meat lovers pan pizza →	Veggie lovers on hand tossed crust	+ Veggie pizza on thin crust with light or no cheese
Bacon, eggs, potatoes & white toast →	Egg whites, fruit & whole wheat toast	+ Steel cut oats with blueberries & walnuts

Are you up for the challenge? Now that you know that eating a plant strong diet offers the most disease protection, where will you begin? Will you try "Meatless Monday's"? Could you consider trying 2-3 new plant based dinner recipes each week? Maybe you are ready to eat plant based for all your work lunch meals? Some might be ready to jump all in! Set realistic goals! Your health will soar the more plant forward you eat!