



**Did you know . . .**

Improving your food habits can be EASY, if you take it in small steps. You don't need to give up the foods you like, or completely change the way you eat. In fact, you're more likely to succeed if you make small changes that grow into habits.



**Health notes . . .**

**Congratulations** for joining the WIN program on healthier eating!! You've taken an important step toward learning about exciting scientific research, and what you can do for a longer and healthier life.

Why should we think about changing our food habits? Because research now clearly shows that what we eat makes a great difference in whether we will suffer from many diseases, including:

- |               |                                  |
|---------------|----------------------------------|
| Cancer        | Cataracts and other eye diseases |
| Heart Disease | Obesity                          |
| Stroke        | Osteoporosis                     |
| Diabetes      |                                  |

For example:

**Heart disease and stroke.** Studies show that people who eat fruit every day have lower rates of heart disease; and Harvard researchers have shown that consuming six servings a day of fruits and vegetables reduced stroke risk by 30%.

**Cancer.** The U.S. National Cancer Institute estimates the proportion of cancers caused by

dietary factors, by smoking, or other causes. Care to guess what those percentages are?

**Diet -- 30%**

**Smoking -- 35%;**

**All other factors combined -- 35%**

This program will focus on *WHY* and *HOW* to eat better:

**Why:** Many people are surprised to learn that what we eat can have such major effects. Participating in this program will expand your knowledge about health and nutrition, to give sound reasons why we should eat better. As the weeks proceed, you will have access to the highlights of research on the diseases that all of us are concerned about, and links to more detailed information when you want it.

**How:** Many of us know we should eat better. But sometimes things seem to get in the way - things like time or convenience, or just a lack of ideas about how to do it.

The program will suggest simple, convenient ways to improve your diet, and will help you to put them into practice. Each week's **Tips and Ideas** section will be different, and will be tailored **to your** eating patterns, your homelife and family situation, based on the responses you provided to yesterday's survey.

So---let's start, and see how eating better can be accomplished with small, easy and enjoyable steps!

### ***Tips and ideas . . .***

The fat you cook with can add up. Just one tablespoon of butter, margarine or oil adds 15 grams of fat, which could be 20-25% of your daily allowance! To cut down, use half the amount you usually use. Or use non-fat spray. And instead of frying, try to broil, bake or grill your food.

Go for the lower fat or nonfat versions of all dairy foods, particularly milk, yogurt, ice cream and cottage cheese.

Healthy afternoon snacks: pretzels, dried apricots and plums, baked tortilla chips and bean dip, lean ham, mozzarella cheese, graham crackers, yogurt or pudding pops.

One way to cut the fat in the diet is to cut the frequency of meat per week and substitute beans in meals.

**Please choose one or two of the following goals to pursue next week:**

- I will use half the fat I usually use in cooking
- I will buy lower-fat milk than I usually buy
- I will have one meatless dinner this week