

Reach your goals by eating a healthy diet

Helpful eating tips from the Aetna Healthy Body, Healthy Weight Program®

To get to a healthier body weight, plan for a slow and steady weight loss. Start by eating less calories and increasing how much exercise you get. Eating a healthy, balanced diet is important. The U.S. Department of Agriculture's food guide pyramid (www.mypyramid.gov) can help you make healthy choices.

Tips:

- The best way to reduce the number of calories you get is to cut the added sugars, fats and alcohol from your diet.
- Paying attention to portion sizes can also help you control how many calories you get; compare the regular portion sizes you eat to the serving sizes in the food guide pyramid to see if you're on track.

Fat

Fats and oils are part of a healthy diet, but the **type of fat** you eat makes a difference to heart health. Limit the amount of fats and oils that are high in saturated and/or trans fatty acids in your diet. Saturated fats are found mostly in high fat meats, whole milk dairy products and some oils such as coconut and palm oils. Other foods, such as baked goods and processed foods, can be sources of saturated and/or trans fatty acids.

Tips:

- Choose foods with unsaturated fats more often. These include fish, nuts and vegetable oils.
- Switch to lower fat milk, yogurt and cheese. Pay attention to high-fat extras such as salad dressing, cream cheese and mayonnaise.
- Even when choosing healthy fats, watch your portion sizes. Remember, even low fat and fat-free products have calories.

Carbohydrates

To help control the number of calories you get, include a variety of carbohydrates in your diet. Focus on eating whole grains, beans, fruits and vegetables that contain fiber. Avoid foods that contain added sugars such as sweetened beverages, which often have extra calories.

Tips:

- Try to get at least half of your grain servings from **whole grains**. For a change, try brown rice or whole wheat pasta. Switch from white bread to whole wheat bread.
- Add beans to soup, salad, rice and pasta dishes.
- Choose whole fruit instead of juice to increase the fiber in your diet.

Salt (Sodium Chloride)

Many Americans get more salt than they need. Eating too much salt can increase your risk of developing high blood pressure.

Tips:

- Try to eat less than 2,300 milligrams of sodium (approximately 1 teaspoon of salt) per day. Some people, such as those with high blood pressure and older adults, may need even less sodium each day.

For additional guidelines, tips and resources, visit:

- U.S. Department of Agriculture Dietary Guidelines for Americans 2005 www.healthierus.gov/dietaryguidelines
- U.S. Department of Agriculture Center for Policy and Promotion www.mypyramid.gov

Know yourself

Your emotions and eating habits can lead to overeating and unhealthy choices. Take some time to think about **Why, Where, When, How** and **What** you eat.

TIP: Try keeping a food diary to help you find trouble spots and build better eating habits.

Why? Some people eat out of habit, like when they watch TV. Others eat when they have emotions such as anger or sadness. Before you eat, think about why you feel like eating and if you are really hungry.

Where? Does being in certain places, such as the car or the mall, make you want to eat? The more aware you are of these urges, the less you will act upon them.

When? Do you skip meals? Do you snack all day long? Try to get in a pattern of eating meals and snacks at the same time every day. Skipping meals can lead to overeating at your next meal, and unscheduled snacking can cause you to get extra calories.

How? Do you rush through your meals? Try putting your fork down after each bite and taking a sip of water. It takes about 20 minutes for your stomach to feel full.

What? Are you eating a balanced diet? Do you eat the same things every day? Take a look at the food choices you make. Pay attention to food labels and try new and healthy recipe ideas.

Want more tips for a healthier diet?

Go to the U.S. Department of Health and Human Services' website at www.healthierus.gov and click on *Nutrition*.

Want more healthy recipes? Go to www.health.gov and click on *Dietary Guidelines for Americans, A Healthier You* and then *Recipes*.

Mouth-Watering Oven-Fried Fish

For variety, try this heart-healthy fish recipe with any kind of fish.

- 2lb fish fillets
- 1 Tbsp fresh lemon juice
- 1/4 cup milk, fat-free or buttermilk, low-fat
- 2 drops hot pepper sauce
- 1 tsp fresh garlic, minced
- 1/4 tsp white pepper, ground
- 1/4 tsp salt
- 1/4 tsp onion powder
- 1/2 cup cornflakes, crumbled, or regular bread crumbs
- 1 Tbsp vegetable oil (for greasing baking dish)
- 1 fresh lemon, cut in wedges

1. Preheat oven to 475° F.
2. Wipe fillets with lemon juice and pat dry.
3. Combine milk, hot pepper sauce, and garlic.
4. Combine pepper, salt, and onion powder with cornflake crumbs and place onto a plate.
5. Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish.
6. Arrange on lightly oiled shallow baking dish.
7. Bake 20 minutes on middle rack without turning.
8. Cut into six pieces. Serve with fresh lemon.



Yield: 6 servings
Serving size: 1 cut piece

Each serving provides:

Calories: 183
Total fat: 2g
Saturated fat: 1g
Cholesterol: 80mg
Sodium: 325mg
Fiber: 1g
Protein: 30g
Carbohydrates: 10g
Potassium: 453mg

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