

Basic Tips to Improve Health and Energy

*Eat 3-5 small meals and snacks a day rather than 1-2 large ones
include protein and fiber with each meal

*Eat a high fiber, high protein breakfast

bran cereal with milk (1% or skim)
whole wheat bagel with peanut butter
non-fat yogurt and a healthy granola
Carnation Instant Breakfast Drink and a whole grain muffin
egg (poached, or fried in cooking spray) and whole wheat toast
oatmeal cooked in milk or peanut butter or add nuts and seeds

Complete your breakfast with fruit or natural fruit juice

*Healthy Snacks

cup of non-fat yogurt - add fruit and sunflower seeds
fresh fruit
cut up raw vegetables (eg- carrots, celery, broccoli, cauliflower,
bell peppers, radish...) with bean dip, salsa or low fat dressing
low fat cheese and whole grain crackers
peanut butter and whole grain crackers
raw nuts and seeds (small amount ~ 2 Tbs.; eg.- walnut, almond, sunflower,
pumpkin...)
low fat cottage cheese and fruit
Carnation Instant Breakfast Drink made with skim or 1% milk
low fat popcorn

*Drink Water - 2-3 qts/day

*Limit Caffeine, Alcohol, Nicotine

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If you would like personal instruction on how to incorporate nutritional guidelines
into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at
828-258-8681