



R.E.A.L. GoalSM: Eating Better

(Realistic, Easy, Attainable, Life Goals)

Limit Added Sugar: Not all sugar is the same. Natural sugars are found naturally in foods like fruit, dairy, and honey. Added sugars are added to the food or beverage during the creation of the item. Added sugars have no nutritional value yet add a lot of calories.

Tips

- Try limiting added sugars by looking for high fructose corn syrup, dextrose, sucrose, cane juice and cane syrup on the label.
- Buy unsweetened if possible, for items like applesauce, nut butters, oatmeal, canned fruit, coffee, and other beverages.
- Substitute enriched white carbohydrates for whole grains. Try whole grain pasta, whole wheat bread, and whole wheat crackers. The fiber in whole wheat options help increase the nutritional value and tend to have lower sugar.
- Limit high sugar items like candy, desserts, cereals, and sweet drinks. Try finding an option like a dessert flavored protein shake or make a fruit smoothie as a substitute for a sweet treat.

Increase Fruits and Veggies: Vegetables and fruits are high in nutritional value, meaning they have a lot of vitamins, minerals, and fiber we need to function, while tending to have fewer calories than processed foods.

Tips

- Meal Prep: Have washed and cut fruit and veggies available to you for easy access.
- Blend Them: Make a smoothie with fruits and veggies. Then you can drink them and not think about it. Adding spinach or kale to a fruit smoothie can hide the taste!
- Add to Old Favorites: Add vegetables to your scrambled eggs. Add fruit, and chia seeds your oatmeal or plain yogurt. Add zucchini, mushrooms, extra tomatoes, and/or eggplant to marinara sauce.
- Have it on-hand: Canned and frozen versions still have nutritional value! Frozen veggies and fruits are often picked and frozen at the peak of ripeness. If buying canned versions, look for no added sugar/salt.

Three Types of Fats:

- **Unsaturated** = healthy fats, help with increasing HDL (good cholesterol.)
 - Good options to consume are olives, olive oil, nuts, seeds, avocados, fish like tuna, salmon, lake trout, and mackerel.
 - Walnuts particularly high in omega 3 fats, which are good.
 - Avoid fried fish and stick to grilled/baked/poached.
 - Remember to stick to recommended serving sizes.
- **Saturated** = Unhealthy in large quantities
 - Focus on limiting saturated fats. Limiting them can help improve lipid profiles.
 - Use in moderation - butter, cheese, coconut oil, poultry with the skin on, dairy with 2% fat or higher like whole fat, and red meats like pork, beef, lamb.
 - Many baked goods and fried foods can also contain high levels of saturated fats.
- **Trans** = Extremely Unhealthy/Avoid and limit
 - Trans fats raise your bad (LDL) cholesterol levels and lower your good (HDL) cholesterol levels.
 - Eating trans fats increases your risk of developing heart disease, type 2 diabetes, and stroke.
 - Try to avoid fried foods like doughnuts, baked goods like pie crust, frozen pizza crust, crackers, and hydrogenated oils including some fake butter spreads.

Online Resources: The following resources have different recipes and ideas behind eating healthy and how to maintain it. They are offered online and as phone apps to try out.

- Foodsmart.com
- Skinnytaste.com
- WeightWatchers.com
- MyFitnessPal.com
- Noom.com



Healthy Substitutions

Instead of	Use	Comments
Sour Cream	Plain Greek Yogurt	Higher in protein and lower in fat
White Rice	Brown rice or Quinoa	Whole grain
Tortilla Wraps	Lettuce Wraps or Whole grain wraps	Low Carb and more nutrients
Iceberg Lettuce	Spinach, Kale, Arugula	Darker greens= More nutrients
Mayonnaise	Avocado/ Hummus	High in Omega 3 fatty acids
White Flour	Whole Wheat Flour, Almond Flour, Coconut Flour	More nutrients
Breadcrumbs/ Croutons	Oats, Chia Seeds or Crushed nuts	Whole grain and higher in fiber
Flavored Yogurt	Plain Yogurt with fresh fruit	Less added sugar & more natural sugar
Heavy Cream	1% Milk, Coconut milk, Almond milk or Oat milk	Use in soups & stews
Potato Chips	Baked Kale or Sweet Potato Chips	Toss in olive oil & seasonings Bake in the oven
Soda	Flavored/ Sparkling Water	Try adding lemons, berries or mint to your water
Ground Beef	Ground Turkey or Ground Chicken	Buy leaner meat Ex: 93% Lean and 7% Fat vs 80% Lean and 20% fat
Milk Chocolate	Dark Chocolate	High levels of antioxidants

To choose another goal, go to: <https://www.deancare.com/wellness/real-goals>

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