

# Resolving To Eat Healthier This Year?

## Simple Tips To Help You Reach Your Goals

(NAPSA)—It's that time of year again. After eating all those delicious holiday favorites, you may be starting to think about New Year's resolutions. Whether it's cutting carbs or reducing your fat intake, eating healthier is probably at the top of many resolution lists. The following are some easy ways to reach your health and nutrition goals by adding things to your diet. That's right, it's not only what you take away from your diet but also what you put in it.

- **Eat your breakfast.** Many of us are so rushed in the morning that we forget the most important meal of the day. Eating in the morning sets the pace for your metabolism, making it easier to burn calories throughout the day. It is especially important to get enough protein for breakfast, because it fills you up. For an easy way to add protein to your morning routine, try putting Carnation Evaporated Milk in your coffee. It has less fat and more than twice the protein and calcium of cream.

- **Have a snack.** It may sound counterintuitive but snacking actually helps you burn calories. Similar to the way breakfast jump-starts your metabolism, a healthy snack adds fuel to keep your metabolism going strong. An apple is a perfect example of a healthy snack. In addition to being packed with vitamins A and C, they are high in fiber, which helps curb your appetite.

- **Go "nuts."** Most people know nuts are a good source of protein but are often deterred by their high fat content. What many don't know is that nuts are high in monosaturated fat, which actually has the potential to lower the risk of heart disease. According to the Food and Drug Administration, people are more likely to stick to their diets when nuts are included in their weight loss program.

- **Increase your calcium intake.** Calcium is essential for healthy bones, especially in women, due to the risk of osteoporosis. Milk is full of calcium, but did you know evaporated milk has more than twice the calcium of regular milk? It's also creamier, because it has less water. You can substitute Carnation Lowfat 2% or Fat Free Evaporated Milk in any recipe that calls for milk. It will not only



add extra calcium and protein to your meals but also make them richer and creamier without adding extra fat.

- **Get hooked on fish.** Fish are a great source of protein and lower in fat than most meat and poultry. Additionally, fish are high in omega-3 fatty acids, which protect your heart. According to a recent article in the "Journal of the American Medical Association," as little as one serving of fish per week can reduce your risk of cardiac arrest by 50 percent.

- **Load up on fruits and vegetables.** Replacing higher-calorie foods with more fruits and vegetables is one of the easiest ways to add nutrients to your diet. An increase in fruit and vegetable consumption can help lower your fat intake by making you feel full on fewer calories.

For a healthy and delicious breakfast or snack that's ready in minutes, you can try this easy fruit smoothie:

### Strawberry Swirl Smoothie

*Ingredients:*

- 1 can Carnation Evaporated Lowfat 2% Milk, chilled**
- 2 cups whole strawberries, frozen or fresh**
- 1 container (8 oz.) sugar-free strawberry yogurt**

*Directions:*

**Place evaporated milk, strawberries and yogurt in blender; cover. Blend until smooth.**

For more recipes like this, visit [VeryBestBaking.com](http://VeryBestBaking.com).