

Nutrition **UPDATE**

Small Steps That Go A Long Way

(NAPSA)—There's good news for adults who are looking for the "fountain of youth." To live longer and be happier, Americans should focus on making minor adjustments to their everyday routines, recommends registered dietitian Jackie Newgent.

With nearly 65 percent of Americans overweight—eating more and exercising less—now, more than ever, it's time to make a change! For example, cutting just 100 calories a day, which can be as simple as drinking diet soda instead of regular, can make a significant impact on one's overall health in the long term.

"Reducing your calorie and fat intake, combined with an active lifestyle, can increase energy and self-esteem, and decrease the chance of obesity and certain diseases," says Newgent. "Just set realistic goals for yourself and try to incorporate them into your life one day at a time."

Newgent offers the following tips:

1. Take a hike. Sneak in extra walking whenever you can each day—walk to get lunch at work, bypass the elevator for the stairs or choose the farthest parking spot when going shopping. One way to track progress is to invest in a pedometer and aim for 10,000 steps per day.

2. Cut the fat. Get creative when trying to lower fat in your favorite meals. When cooking in or baking, substitute applesauce for part of the oil. When dining out, look for opportunities to lower fat or remove heavy dressings or toppings. For example, at Taco Bell, customers can now order their



Lower-fat food choices—even fast food—can be a satisfying way to eat healthier.

favorite menu items "Fresco Style" to replace cheese and certain sauces with a low-calorie, non-fat Fiesta Salsa, at no extra cost.

3. What's up, doc? Schedule an annual preventive care check-up with your doctor. Perhaps plan an annual nutrition checkup with a dietitian. Nipping ailments in the bud will save you from more serious problems—and expenses—down the road.

4. Supplement your diet. Focus on food first, but consider taking a daily multivitamin to help assure your body gets all the nutrients needed to stay healthy and strong.

5. Say cheese! Smiling is an easy way to make you and others happy. It releases endorphins in your body that stimulate your brain and make you feel good. Try it!

For additional lifestyle tips, or to check out an interactive nutrition calculator, visit www.tacobell.com.