

Nutrition Tips

Note: My NM Care corner is not intended to replace clinical care or management by a healthcare provider. If you have a medical emergency, please contact your healthcare provider.

In this section, you'll learn about other tips to incorporate in your life to maintain a healthy diet.

Nutrition tips:

Alternatives to Frying

- Try baking, grilling, or broiling instead of frying meat or vegetables.
- Use fresh herbs, spices, lemon, or vinegar for seasoning meats and vegetables.
- Use vegetable oil such as canola oil or olive oil.

Healthy Sauces

- Limit the amount of oil and, if needed, use no more than 1 to 2 teaspoons of olive oil.
- Make cream base sauces with reduced fat milk or fat free cream.
- Use tomato base sauces and flavor them with fresh herbs, hot peppers, green peppers, garlic, or cilantro, instead of oil.

Reducing Fat Intake

- Trim the fat from the meat and throw it away before preparing meat (beef, lamb, or pork).
- Choose extra lean cuts.
- Refrigerate soups or stews after cooking, then spoon the hard fat that's on top after a couple of hours.
- Switch whole milk to reduced fat or fat free milk.
- Go easy on salty snacks, as they are usually higher in fat.

Eat Vegetables with Every Meal

- Try part starch, part root vegetables such as yucca, pumpkin, squash, sweet potatoes, and carrots because they're an excellent source of fiber and complex carbohydrates.
- Avoid boiling vegetables for an extended period as this depletes these vegetables of their nutrients.

Remember Portion Control

- Check your servings and try to eat half of a hearty portion. A serving of meat the size of your palm is plenty. Fill up instead on grilled vegetables.
- Serve from the kitchen, instead of placing all the foods on the table.
- Make the person who requests seconds serve themselves.

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