



# VitaMin

Vital health information in a minute!

Healthy eating options for shedding winter pounds

## Spring into healthy habits.

Spring has sprung! Trees are blooming, birds are chirping and you're probably thinking about healthy ways to shed those winter pounds. So before you stop for lunch at that outdoor café or cook with fresh roadside produce, here are some things you should know.

### Better choices when eating out

These days, more and more people are eating out at restaurants. Here are simple ways to enjoy your dining out without overindulging:

- Order an appetizer for your main course or share an entrée with a friend
- Choose baked or broiled instead of fried
- Substitute french fries for fruit or a side-salad
- Walk to a restaurant that's 10 or 15 minutes away
- Put ½ of your food in a to-go box and take it home for a second meal

### When to go organic

Most of us can't afford to go organic all the time. Here's what the experts recommend is worth the extra money:

- Peaches
- Apples
- Sweet bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Imported grapes
- Spinach
- Lettuce
- Potatoes

### Washing fruits and vegetables

You know it's important to wash your hands before you cook. But it's also important to make sure certain food – like fruits and vegetables – are also washed properly:

- Use clean scissors or blades to open bags of produce
- Wash fresh fruits and vegetables – even peel-and-eat fruits like oranges and bananas – with cool tap water right before eating
- Scrub firm produce such as melons and cucumbers with a clean produce brush
- Remove and discard outer leaves of lettuce
- Place washed produce into clean storage containers, not back into the original ones



Sources: [www.eatright.org](http://www.eatright.org); [www.webmd.com](http://www.webmd.com)