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Press release : 2008: 10 :07 : Local Nutritionist Leads Workshop

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Local Nutritionist Leads Workshop



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From filling a plate with mostly vegetables to making weekly meal plans, a nutritionist offered advice on healthy eating during a nutrition workshop presented by the Center for Counseling, Health and Wellness on Wednesday, Oct. 1.

Planning is the key to healthy eating, said Lea Russell, a registered dietician and wellness coach who offered ideas like using less processed foods and eating slower as basic steps toward better nutrition. She suggests planning ahead with weekly meal plans and corresponding shopping lists to eliminate last-minute, stressful shopping. Do some food preparation when you get home from the store and cook some meals ahead of time and freeze them.

"The most important thing is balance," Russell said. "It's very important to eat a variety of foods and balance what you eat with physical activity."

Some of the tips she shared include:

- If you eat meat, eat lean meats.
- Fill half your plate with vegetables.
- Include dried beans and peas in your diet regularly.
- Eat fish twice weekly.
- If you eat dairy, eat low-fat dairy foods 2-3 times daily.
- Drink calorie-free or low-calorie beverages, such as water and unsweetened tea.
- Practice portion control.
- Eat fewer foods containing saturated fats and trans fats.
- Eat less sodium.
- Use whole grains instead of refined carbohydrates, at least 3 times daily.
- Snack on vegetables and fruits, low-fat cheeses, low-fat yogurt and nuts in small amounts.
- When using fats in cooking, rely on liquid oils rather than solid fats.
- Cook foods ahead of time and freeze in family-size portions.

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