

# HEALTH AND HUMAN SCIENCE NEWSLETTER



## UPCOMING COMMUNITY PROGRAMS:

### MEDITERRANEAN DIET

JANUARY 16, 6-7PM  
BROWNSBURG PUBLIC  
LIBRARY

### BE HEART SMART

FEBRUARY 5,12,19,26 5-7PM  
HENDRICKS COUNTY 4H  
GROUNDS AND COMPLEX

### COOKING WITH HERBS AND HERB BENEFITS

MARCH 13, 6-7PM  
BROWNSBURG PUBLIC  
LIBRARY

### A MATTER OF BALANCE

APRIL 8,15,22,29, MAY 6, 13,  
20.27 10AM-12PM  
LOCATION TBD

## BITE-SIZED WISDOM WITH AMANDA

### WHERE DO I START WITH HEALTH(IER) EATING?

Want to make nutrition changes this new year but unsure where to begin? Here are some healthful suggestions:

1. Every day, eat a variety of fruits and vegetables in a variety of colors.
  - Be sure to include lots of dark green, red, blue-purple, and orange vegetables.
2. Choose whole grains for at least half of your grain selections.
3. Eat more beans, peas, and lentils.
4. Try meatless alternatives.
  - Get protein in your diet from eggs, fish, poultry, beans, peas, lentils, and nuts/nut butters.
  - Low-fat or fat-free dairy products are also good sources of protein.
5. Keep your salt intake to a minimum (less than 2300 milligrams per day).
  - Limit use of salt, soy sauce, or fish sauce when cooking.
  - Eat freshly prepared meals at home. Processed, prepackaged, and restaurant foods contain more salt.
  - Choose fresh fruits and vegetables for snacks.
  - Choose products with lower sodium content when grocery shopping.
6. Reduce your daily added sugar intake.
  - Sugar may be used in sauces, marinades, dressings, and condiments – even those that do not taste sweet.
  - Sugar can be found in honey, syrups, jelly, fruit juice, and fruit juice concentrate.
  - Limit sugar-sweetened beverages like sodas and fruit juice, sugary snacks, and candy.
  - It's best to choose products without added sugar, but if you do eat them, read labels carefully so you know how much sugar is in each portion.
7. It is better to eat unsaturated fats than saturated fats.
  - Use fats and oils in moderation, up to 5 servings per day.
  - Unsaturated fat is found in fish, avocado, nuts, and oils like sunflower, canola, avocado and olive oils.
  - Saturated fat is found in fatty meat, butter, ice cream, palm and coconut oil, cream, cheese, and lard.
  - Many processed foods, fried foods, fast food items, convenience foods like frozen pizza and snack foods, and sweets including pies, cookies, and other pastries are high in fat. Check nutrition labels and choose these foods less often.
  - Use vegetable oil instead of lard or butter for cooking.
  - Boil, steam, or bake your food instead of deep frying in oil.
  - Remove the fatty part of meats before cooking.

## BITE BY BITE NUTRITION FOR LIFE PODCAST

Bite by Bite: Nutrition for Life is here to shake up the way we think about nutrition and wellness. Co-hosted by Monica, Tonya, and Amanda, this dynamic trio is on a mission to debunk those annoying nutrition myths and help you sort through the overwhelming amount of health advice out there. With the ladies background in Nutrition and Dietetics, they're the perfect team to bring you practical, evidence-based advice that doesn't require a PhD to understand.

Bite by Bite is all about cutting through the noise of fad diets and unverified claims. They focus on delivering straightforward tips on food, nutrition, and overall well-being, without the fluff. It's like having a conversation with your most trustworthy friends who just happen to be super knowledgeable about health.

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