

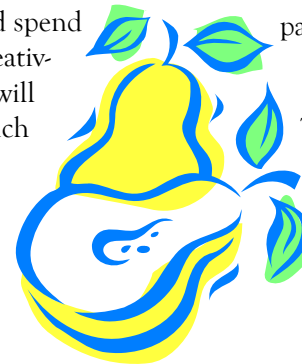
Top 10 Easy Nutrition Tips for a Healthier and Happier Life

1. **Eat a nonsugary breakfast.** The best breakfast is a complex (whole grain) carbohydrate with a protein. For example: eggs with whole grain toast, whole grain cereal with milk (cereal with less than 6 grams of sugar per cup), slow-cooked oatmeal (no sugar added), or peanut butter (no sugar added) on whole grain toast. This will give you sustained energy instead of a 'high and crash'.
2. **Eat frequently.** Every 2 to 3 hours. This keeps your metabolism revved up and burning more calories. Several small meals and snacks are better than large meals or waiting too long to eat. This way of eating will energize you throughout the entire day.
3. **Eat good fats every day.** Good fats are **unsaturated** and come from plants (olive oil, avocados, vegetable oils, nuts). Cut down on saturated fats, which come from animal foods (dairy and meat). Choose the leanest meats and dairy and substitute **unsaturated** fats. For example: spread avocado on a sandwich instead of mayonnaise and cheese.
4. **Eliminate trans fat.** Trans fats come from fried foods and many commercially baked foods like muffins, cookies, crackers, breads, etc. Read the nutrition labels. If it says "hydrogenated or partially hydrogenated oil" in the ingredients - it has trans fats.
5. **Minimize added sugars.** Soda and fruit juice are liquid candy. Most energy bars are candy bars with a different name. In the list of ingredients, look for and avoid high-fructose corn syrup and other added sugars.
6. **Eat fresh.** Get 8 to 10 servings of fresh fruit and vegetables every day.
7. **Cook at home.** Helps you save money and spend time with family and friends. Use your creativity. Slow down and savor your food. You will enjoy your food and the experience so much more.
8. **See where your food comes from and meet the people who grow it.** Check out a local farmers' market for the freshest local and organic produce and greater variety.
9. **Find the freshest foods.** Shop around the periphery of the supermarket for the freshest foods.
10. **Work with an occupational therapy practitioner.** They are trained, experienced and dedicated to help you live your life to the fullest and to help you im-

prove your performance, prevent illness and disability, and to help you adapt to life changes. This interdisciplinary field helps people, including those with disabilities, live healthier, happier and more productive lives.

All of these tips will make you feel better immediately, enhance your quality of life and lower your risk for chronic conditions such as diabetes, heart disease and obesity. For more consumer information, visit our Web site at www.otaconline.org and go to the Consumers button at the top of the page.

Thank you to Camille Dieterle, O.T.D., OTR/L, Director, USC OT Faculty Practice for providing these nutrition tips.



OTAC
Occupational Therapy
Association of California

P.O. Box 276567
Sacramento, CA 95827

Phone: 916/567-7000
E-mail: info@otaconline.org
Web site: www.otaconline.org