



3 Ways to a Better Diet



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Opt
for
orange
& red

Add More Vegetables

Only 1 out of 10 adults eat enough vegetables – intake of the orange and red variety is particularly low. Eat more to support your immune system and heart.



Mix grated carrots into tuna or chicken salad or eat as a slaw



Snack on cherry tomatoes or peppers (or add to sandwiches)

Go
whole
with
carbs

Swap in Whole Grains

Carbs are important, but we often skip the supportive kind – 98% of us don't get enough whole grains and about 75% of us eat too many processed grains.



Make oatmeal or try quinoa with veggies and eggs for breakfast



Substitute brown or wild for white rice or try whole wheat pasta

Snack
on
fruit

Don't Fear Fruit

Fruit has a reputation for being sugary, but it's filled with nutrients. We eat the equivalent of 15 packets of added sugar daily, while only 2 out of 10 of us get enough fruit.



Have dried apricots, dates, or prunes as a sweet snack



Consider freezing grapes or blitz frozen bananas in a blender