

Each month we focus on a nutrition topic. This month's information is on healthy nutrition recommendations from The Academy of Nutrition and Dietetics, ACS and AICR .

8 tips to get healthy in 2019

Bottom Line: Eat more fruits and vegetables. Cut back on salt, saturated fat, and sugar. Switch to whole grains.

These tips may help you to put some healthy eating goals in place:

1. Cover half your plate with vegetables or fruit. We use to recommend a side a vegetables, but that is changing! They should cover more of your plate than your protein or pasta, rice, or potatoes. A serving is one piece of fruit, a half cup of cooked vegetables, or one cup of raw vegetable.

2. Add veggies to boost potassium and lower salt. Try these to increase your intakes:

- Mix a bagged salad kit with a bag of undressed lettuce.
- Add a pound of cooked veggies to your favorite Chinese or Thai take-out.
- Add a salad or greens as a side to a frozen entrée.

3. Replace your meat (or starchy side dish) with beans. They're packed with fiber, protein, potassium, magnesium, folate, and iron. Beans lower LDL ("bad") cholesterol, probably because they're rich in the gummy, soluble type of fiber. There are a lot of healthy recipes that incorporate beans to make them very tasty. Try this: [Make Ahead Beans and Greens Quesadillas](#).

4. Use nuts instead of croutons or add them to yogurt, cereal or other fruit and vegetable dishes. Nuts and seeds offer a little plant protein and plenty of heart-healthy polyunsaturated fat as an alternative to croutons that are usually made from refined flours and extra unhealthy types of fat as well as extra sodium.

5. Eat plain yogurt or mix plain with sweetened yogurt. Unsweetened yogurt provides a nutrient dense choices for the calories. For extra protein, try creamy low-fat plain Greek yogurt. Add peaches, bananas, berries, or other fruit to sweeten to taste.

6. Cook with canola or olive oil. Replacing saturated fats (in meat and dairy) with unsaturated fats lowers LDL cholesterol.

7. Snack on fruits or vegetables. Try baby carrots, grape tomatoes, sliced bell pepper, cucumber, or jicama. Dip in yogurt or hummus for extra nutrition.

8. Watch Portions! Watch the habit of just eating what is on your plate without paying attention to if you are hungry or not. Practice more Mindful Eating.