

Go for the good calories!

When the munchies hit, what's your first move? Grabbing a bag of chips? Nibbling some crackers or downing a soda? While these packaged foods are tasty, they also have lots of **"empty" calories**. That means they have very few nutrients like vitamins and minerals.

A healthy diet is nutrient-rich

One way to eat healthier is to choose foods with lots of nutrients. This includes things like fruit, veggies, peanut butter, and fish. These foods are yummy, too, and they have a lot more nutrients in relation to their calories. That can help you achieve a healthy diet and control your weight.



Ready to build a better diet?

Here's how to avoid those empty calories:

Instead of this:

- Sugar-sweetened drinks like soda, energy drinks, and sweetened coffee drinks
- Whole milk and dairy products made from whole milk
- High-fat meats like many cuts of beef, corned beef, pork sausage, and luncheon meats
- Sugary treats like cakes, candies, and cookies
- Chips, crackers, French fries, and other fried treats
- Breads made with refined flour such as white, sourdough, and ciabatta breads
- High-fat salad dressings

Try this:

- Water, no-sugar-added fruit juices, tea or coffee, tomato juice, and other vegetable juices
- Fat-free or 1% milk and other low-fat dairy products
- Low-fat ground beef, turkey breast, and skinless chicken
- Fruits, low-fat yogurt, and treats with less sugar
- Baked chips, air-popped popcorn, and whole-grain crackers
- Breads made with whole grains: whole wheat, rye, and sprouted wheat (they have lots of fiber.)
- Low-fat or yogurt-based salad dressings



5 nutrients

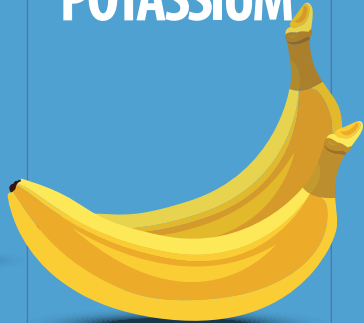
that every healthy person needs

FIBER



Nuts
Beans
Peas
Fruit
Veggies
Whole grains

POTASSIUM



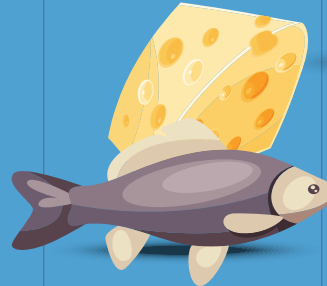
Bananas and other fruits
Potatoes
Veggies
Milk products

CALCIUM



Milk and milk products (including yogurt and cheese)
Broccoli
Spinach
Kale
Beans and peas
Some nuts

VITAMIN D



Saltwater fish
Egg yolks
Liver
Vitamin D fortified dairy products

MAGNESIUM



Dark green veggies
Nuts
Whole grains
Seafood
Cocoa

Source: Quick Tips: Avoiding Empty Calories. Retrieved February 29, 2016, from www.myactivehealth.com/hwcontent/content/special/abl0002.html