

How can I increase the fiber in my diet?

1. Include whole grains daily. Look for the word whole grain (wheat, oats, etc.) as one of the first ingredients. Bread, cereal and crackers are great made with whole grain.
2. Try substituting brown rice for white rice. Mix the two types together until you are used to brown.
3. Eat plenty of fruits and vegetables. Have whole fruit instead of juice. Try vegetables with a low-fat dip for snacks.
4. Try adding beans (like kidney, navy, pinto, etc.) to your meals. Add canned, drained and rinsed beans to a tossed salad. Try beans mixed with pasta and vegetables.
5. Instead of snack chips, try plain popcorn sprinkled with a little Parmesan cheese.



UW-Extension provides equal opportunities in employment and programming including Title IX and ADA requirements. WNEP education is supported by the USDA Food Stamp Program, UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708.

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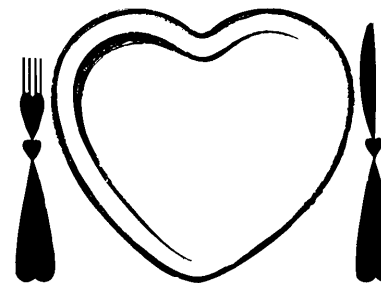
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Nutrition Education Program

Lower Your Risk for Heart Disease



- ♥ **Eat foods that are low in fat and saturated fat.**
- ♥ **Eat fruits and vegetables every day.**
- ♥ **Make at least half your grains whole grain.**
- ♥ **If overweight, lose weight safely and gradually.**
- ♥ **Be physically active**
- ♥ **Don't smoke.**

How can I lower the fat in my diet?

1. Eat fewer foods that are high in fat, like snack chips, cookies, cakes and pastries.
2. “Lean” your cooking style. Bake, broil or roast meat on a rack. Discard the drippings. Always remove visible fat.
3. Change recipes to decrease the amount of fat. Try replacing half the fat of baked goods with an equal amount of applesauce.
4. Use less of a regular salad dressing, or try a fat free or reduced fat version of your favorite.
5. If you currently drink whole milk, change to 2%, then 1%, and finally skim.
6. Try other reduced fat dairy products, such as cheeses and sour cream, or reduce the amount of regular cheese in a recipe.



Try a meatless meal, serving baked or broiled fish, or a soy product such as tofu at least once a week.

Give soy milk or roasted soy nuts a try!



How can I increase the activity in my lifestyle?

1. Try going for a walk at lunch, parking farther away or getting off the bus a stop earlier. Make use of stairs whenever possible.
2. Walk or ride a bike to the park, library, or corner store. Go with a family member or friend and have fun!
3. Check out an exercise video from the library.
4. Many simple exercises can be done while seated, such as leg raises and extensions and shoulder touches and shrugs.

