

20 Ways to Be A Smarter Eater

By Liz Applegate, Ph.D. Runner's World, Edited by Dr. DeFabio

1. SWAP IN: **Omega-3 eggs** SWAP OUT: Standard eggs

The Omega-3 fats in these enhanced eggs boost immunity, protect against Alzheimer's disease, heart disease, and cancer, and may lessen symptoms of depression.

2. SWAP IN **Dark beer** SWAP OUT Light beer

Darker brews may have a few more calories per bottle than lighter versions, but in general they have far more antioxidants from the wheat and other grains used to make them. Limit your consumption to one or two servings per occasion.

3. SWAP IN: **Olive-oil dressing** SWAP OUT: Creamy dressing

Top your salad with an olive-oil dressing instead of creamy blue cheese or ranch and save about 90 calories per two tablespoons. A reduced-fat olive-oil dressing saves a whopping 120 calories per serving.

4. SWAP IN: **Mustard, low-sodium soy sauce, salsa** SWAP OUT: Ketchup and mayonnaise

Condiments like mayonnaise and ketchup add unwanted calories and sodium to your foods. Minimize calories while adding flavor and nutrition with mustard (ground style) and salsa, which contain antioxidants, and low-sodium soy sauce.

5. SWAP IN: **Organic fat-free milk** SWAP OUT: 2% milk

Eight ounces of fat-free milk saves you more than 30 calories and four grams of fat over two-percent milk. Organic milk can help you avoid trace amounts of chemicals and hormones.

6. SWAP IN: **Kefir** SWAP OUT: Yogurt

Yogurt is a great source of calcium but often comes with lots of sugar and without healthy live bacteria. Try Kefir, a low-fat liquid yogurt with extra live cultures to boost immunity, plain 'Greek style' yogurt or don't stir and eat the "fruit on the bottom".

7. SWAP IN: **Pomegranate or cranberry juice and club soda** SWAP OUT: Sugary fruit drinks

Try club soda mixed 1:1 with a 100-percent fruit juice like pomegranate or cranberry—both of which are loaded with the powerful cancer fighters anthocyanidins—to save 50 calories per serving over a sugary fruit drink.

8. SWAP IN: **Natural nut butters like almond or cashew and fruit spread** SWAP OUT: Standard peanut butter and jelly

Look for a "natural-style" nut butters that have ground nuts, salt, and nothing more. Pair it with a real fruit spread that lists fruit as the first ingredient with no added sugar (corn syrup, sucrose, or high-fructose corn syrup). Peanuts are actually a bean, not a nut. However, if you want to stay on peanut butter, the same rules apply.

9. SWAP IN: **Roasted chicken** SWAP OUT: Deli meats

Buy a roasted chicken or turkey breast from the deli (without the skin) and use it instead of high-fat pastrami, salami, and other deli meats. If you store it in the meat/cheese drawer, it will stay fresh for one week.

10. SWAP IN: **Part-skim mozzarella or feta cheese** SWAP OUT: Brie or cheddar

Brie and cheddar are loaded with saturated fat and calories. Make the switch to feta cheese or part-skim mozzarella and save about 30 calories and five grams of fat per ounce.

11. SWAP IN: **Organic grass fed butter** SWAP OUT: Traditional butter

Butter has seven grams of saturated fat per tablespoon, however, grass feed organic butter is higher in omega-3 fatty acids which reduces inflammation. Regardless, use it sparingly.

12.SWAP IN: **Sweet potatoes or red-skin potatoes** SWAP OUT: White potatoes
Potatoes with colorful flesh and skins contain more antioxidants than their pale counterparts. Select small potatoes to control portion size, and eat the skin for extra fiber.

13.SWAP IN: **Whole-grain pasta** SWAP OUT: Refined pasta
Fresh whole-grain pasta contains more health-boosting antioxidants and fiber (to fill you up) than refined versions. Even better, look for the omega-3 and protein enriched pastas!

14.SWAP IN: **Berries, kiwi, melon** SWAP OUT: Green grapes
All fruits are great, but when you're watching your weight it pays to eat fruits that are lower in calories and higher in fiber.

15.SWAP IN: **Canadian bacon** SWAP OUT: Bacon
Compared with traditional bacon, Canadian bacon has twice the protein and half the fat per serving. However, it is still high in fat and nitrates. Better to avoid it altogether or sparingly.

16.SWAP IN: **Ground turkey** SWAP OUT: Ground beef
Cut 10 to 20 grams of fat per three-ounce serving by substituting ground turkey (white meat) for ground beef.

17.SWAP IN: **Baby romaine lettuce and spinach** SWAP OUT: Iceberg lettuce
Iceberg lettuce offers little nutrition, while young romaine and spinach leaves are rich in carotenes and other phytochemicals.

18.SWAP IN: **Green Tea and water** SWAP OUT: Coffee and all soft drinks
Green tea is high in anti-oxidants and may even assist in weight control. Coffee and soft drinks (even the zero calorie ones) will drive your body to store more fat.

19.SWAP IN: **Whole-grain bread** SWAP OUT: White bread
Whole-grain has more antioxidants and fiber (three to four grams per one-ounce slice) than its white counterpart.

20.SWAP IN: **Low-carb tortillas** SWAP OUT: White-flour tortillas
White-flour tortillas pack 150 calories and zero fiber. Low-carb versions offer eight grams of fiber for just 90 calories.

The bottom line is to eat more fresh vegetables, fruits, raw nuts and stop the refined, processed, fatty and high sugar foods. Omega-3 fatty acids, found in fish, green vegetation and raw nuts decrease inflammation while grains contain omegs-6 fatty acids that drive inflammation. Grass fed meats and wild caught fish are your meat choices. Of course, drink lots of water and green tea. Dr. D.

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