

M A R C H 2 0 1 2

Buena Salud™ Club

1-866-783-2645

An Easier Way to Healthier Eating

You can eat healthier by changing one or more of the choices you make about what you eat. For example, you can decide not to eat foods with trans fat; reduce the amount of butter or whole milk you use; reduce the amount of salt or sodium in your food; and/or eat more whole grains. Be sure to always read food labels, eat more home cooked foods, limit how often you eat out at restaurants, and ask for the support of family and friends. The key is for you to make a long-term commitment to one of these healthy eating goals.

Tip of the month.

Switch from whole milk to 2% or skim milk to reduce your daily fat and calorie intake.



Learn more. As our gift to you, be one of the first 100 callers to the Buena Salud™ Club at 1-866-783-2645 (toll-free) and receive a FREE book on heart disease, diabetes, or depression. You can also get answers to all of your health questions, and we can even help you find a health care provider where you live!

National Alliance for Hispanic Health - www.hispanichealth.org



CALL 1-866-783-2645
TO TAKE ADVANTAGE
OF THIS SPECIAL OFFER
TODAY!

National Alliance for Hispanic Health
1501 16th St. NW
Washington, DC 20036-1401

Tips to help you eat less:

1. Eat your food slowly.
2. Take smaller bites.
3. Do not serve all your food at once.
4. Eat your meals in multiple courses.
5. Put your fork or spoon down between bites.
6. Do not eat and watch television.
7. Stop eating when you are full and not when you are stuffed.

Adapted with permission by the author from The Latina Guide to Health (Newmarket Press, 2010). Available in bookstores nationally and online retailers including amazon.com and barnesandnoble.com.