17 easy ways to eat healthier

1. Load omelets and pizzas with onion, peppers, spinach, mushrooms, and other veggies instead of cheeses and meats.

2. Select nonfat milk, yogurt, and cheeses.

3. Use a nonstick skillet and spray vegetable oil and you can cut the oil in recipes by half.

4. For fewer calories, pick water-packed tuna, or to get the benefit of heart-healthy oils, look for tuna packed in olive oil or canola oil.

5. Satisfy your sweet tooth with fruit instead of candy or cookies.

6. Select soft taco size (6 to 8 inch) tortillas instead of the larger burrito size. Corn tortillas have less fat and calories than flour.

7. Choose brown rice and whole-wheat bread instead of white rice and white bread.

8. Bake, broil, or grill beef, chicken, and fish.

9. Substitute applesauce for half the oil in a recipe when baking.

10. Use two egg whites instead of one whole egg in recipes.

11. Freeze grapes or watermelon wedges for a popsicle-like treat.

12. Season steamed vegetables with lemon, herbs, and spices instead of butter and salt.

13. Try raw vegetables with salsa instead of chips with salsa.

14. Ask for the bread basket to be removed from the table when you dine out.

15. Order sauces and salad dressing served on the side or use spray dressings.

16. Use smaller plates and glasses.

17. Avoid adding table salt to your food.

*Sources: Academy of Nutrition and Dietetics; America On the Move, www.americaonthemove.org*