

# Healthy Eating Tips

Living a healthier lifestyle begins with a change in eating habits. The following tips can help you get on the right track to eating healthy and managing a healthy weight:

**Establish regular meal times.** The thought of losing weight by skipping meals is a common misconception that often leads to overeating later in the day. If you don't have time for a full meal, try to eat a healthy snack or meal replacement bar.

**Read food labels.** Pay attention to the number of calories and amount of fat and fiber in each portion, and make small substitutions in your diet to cut calories. For example, drink water, diet soda or unsweetened iced tea instead of high-calorie drinks. Choose low-calorie and low-fat versions of salad dressing, cheese, sour cream and mayonnaise. Go easy on fried foods—bake, broil, poach or grill your food instead.

**Identify “guilty pleasures.”** The secret to enjoying pleasures without the guilt is to eat a smaller portion or try the low-calorie version.

**Pre-portion your servings to control the amount.** Rather than eating ice cream out of the carton, for example, scoop it into a small bowl.

**Share an entrée at restaurants.** If you're eating by yourself, place half of your meal in a to-go box before you eat. Be aware of all the extras that come with the meal and avoid the “free” bread and chips.

**Pre-plan meals and snacks.** When you plan ahead, it's easier to resist impromptu trips to the vending machine and the drive-thru!

**Avoid places and situations that trigger eating.** If driving past the donut shop causes donut cravings, for example, consider driving a different route. Replace candy on your desk with fruit, and avoid eating while watching television, reading or driving.

**Don't eat out of boredom.** Take a walk, talk to a friend or discover a new hobby to take your mind off eating.

#### Helpful sources:

Eatright.org  
Diabetes.org  
Choosemyplate.gov  
Calorieking.com  
Dlife.com  
Heart.org

#### Smart-phone applications:

My Fitness Pal  
Lose It!  
Spark People Diet & Food Tracker  
Calorie King  
My Net Diary



## Contact Us: OUTPATIENT NUTRITION AND DIABETES CENTER

(615) 435-5580

8 a.m. – 4 p.m. Monday through Friday



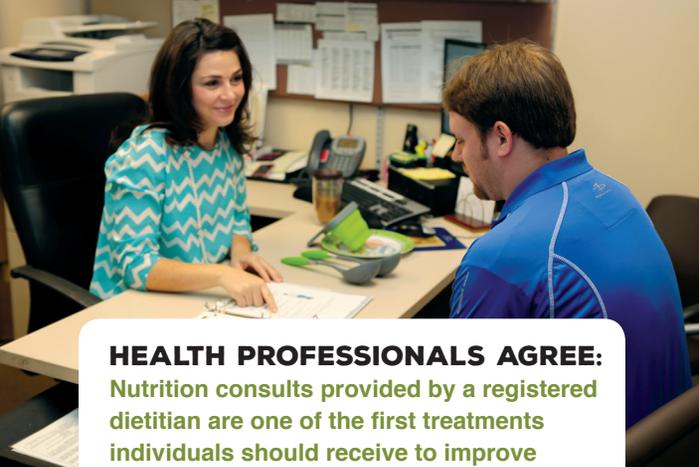
# Outpatient Nutrition AND DIABETES CENTER



FOR MORE TIPS ON STAYING HEALTHY,  
CHECK OUT OUR BLOG:  
[WILLIAMSONMEDICALCENTER.ORG/HEALTHYU](http://WILLIAMSONMEDICALCENTER.ORG/HEALTHYU)



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### HEALTH PROFESSIONALS AGREE:

**Nutrition consults provided by a registered dietitian are one of the first treatments individuals should receive to improve conditions such as diabetes, heart disease and high blood pressure.**

If you have been diagnosed with a medical condition and your treatment plan calls for a lifestyle change, Williamson Medical Center can help. Nutritional therapy provided by a registered dietitian can aid in:

- Diabetes self-management
- Weight loss
- Developing a heart-healthy diet
- Gestational diabetes management
- Coping with food allergies and gastrointestinal disease

*Give your body the balanced nutrition it needs.*



Follow these tips from the Academy of Nutrition and Dietetics to begin a healthful eating plan:

- **Focus on fruits.** Eat a variety of fruits—fresh, frozen, canned or dried. For a 2,000-calorie diet, consume two cups of fruit each day.
- **Vary your veggies.** Eat more orange and dark green vegetables, and include beans and peas more often. Make half your grains whole. Eat at least three ounces of whole-wheat cereals, breads, crackers, rice or pasta every day.
- **Go lean with protein.** Choose lean meats and poultry. Bake, broil or grill it. Also vary your protein choices with more fish, beans, peas, nuts and seeds.

## NUTRITION EDUCATION PROGRAMS AT WMC:

### Individual Nutrition Consultations



Williamson Medical Center offers one-on-one sessions with a registered dietitian to help patients manage their personal nutritional needs stemming from a variety of health conditions. WMC's dietitians will tailor an individualized healthy lifestyle plan for each patient based on his or her nutritional needs, including diet and exercise.

### Diabetes Self-Management Program



Certified diabetes educators teach participants the importance of knowing what to eat, planning meals, exercising, setting goals and monitoring their blood glucose level. The program is certified by the American Diabetes Association. Participants meet for a one-time class that is offered every month. Individual appointments also are available.

### Diabetes Support Group



Because a diagnosis of diabetes can be overwhelming, WMC offers a free Diabetes Support Group for patients, their friends and families. The group meets monthly at the medical center. You can go to [www.williamsonmedicalcenter.org/diabetes](http://www.williamsonmedicalcenter.org/diabetes) to see a list of exact dates and times for upcoming classes. At these meetings, medical professionals speak on a wide variety of topics and there is always time for questions and answers.

### Diabetes Prevention Program

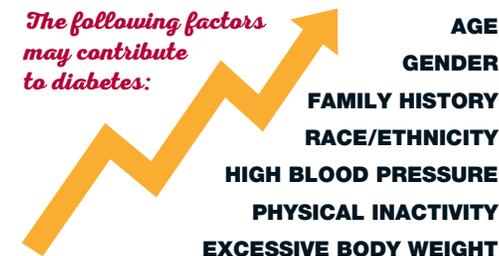


Our outpatient program is part of a nationwide initiative by the American Association of Diabetes Educators. Sessions are led by trained lifestyle coaches who will assist you in making healthy nutritional choices and increasing your physical activity for a year. You must be 18 years or older to participate. To see if you qualify for the program, contact Sarah Neil Pilkinton, R.D., at 615.435.5580 or [spilkinton@wmed.org](mailto:spilkinton@wmed.org).

*For more information* about our programs, contact Williamson Medical Center's Outpatient Nutrition and Diabetes Education Center at 615-435-5580. Patients are encouraged to check with their insurance provider regarding specific medical nutritional education benefit coverage.

## Are you at risk FOR DIABETES?

*The following factors may contribute to diabetes:*



An interactive risk assessment survey is available at [www.diabetes.org](http://www.diabetes.org).



At-risk individuals should contact their primary care physician to learn if they need further intervention from one of WMC's registered dietitians.

*Parents are the most important influence on their family's health.*

As obesity and type 2 diabetes become more prevalent among U.S. children, now is the time for parents to show their kids how to get back on the path toward a healthier life.

Some of the ways you can have a positive influence on your child's health include:

- **Showing them** you enjoy eating fruits and vegetables
- **Encouraging them** to exercise by taking family bike rides or walking the dog together
- **Turning mealtime** into fun family time
- **Limiting screen time** and encouraging them to play outside

