

# 6 Tips to Healthy Eating

We know it's tough to keep those New Year's resolutions about eating more healthfully, especially in the dead of winter, when the produce aisles are looking a little bare. But incorporating more vegetables into your diet is so important, not just for living a long life, but for boosting energy and fueling your muscles for exercise. Eat a variety of vegetables to reap even more benefits. And sneak more vegetables in by following these easy tips from Tammy Lakatos Shames and Lyssie Lakatos, the Nutrition Twins.

**1** Use nori or lettuce for sandwiches or wraps instead of bread.

**2** Make dips and spreads with spinach and yogurt. These can double as sauces for grains and meats.

**3** Stack sandwiches with lettuce, peppers, cucumbers, mushrooms and onions. Put these vegetables in pita pockets and wraps, too, along with lean meats and cheeses.

**4** Order pizza with lots of vegetables. Since many Americans order pizza at least once a week, it's an easy way to get in some extra nutrients, fiber and antioxidants.

**5** Make veggie bowls: Mix your favorite vegetables into grain-based meals (add lean protein, too) and put them in cups made from scooped-out tomatoes or bell peppers. Or make zucchini and cucumber boats — these are delicious shells, and they help keep portion sizes in check.

**6** Add vegetables to soups, casseroles and potpies. Experiment with green beans, butternut squash, corn and fennel.

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## Grab and Go Pita Slaw Sandwich

Recipe adapted from *The Nutrition Twins' Veggie Cure: Expert Advice and Tantalizing Recipes for Health, Energy, and Beauty* by Tammy Lakatos Shames, RDN, and Lyssie Lakatos, RDN (Skirt!, January 2014). Recipe used with permission.

This sandwich is a cinch to throw together and perfect after a long day if you don't have much time to cook. We recommend using prewashed and bagged broccoli slaw. It looks like shredded carrots, only it's green, and you can find it in the produce section of most grocery stores.

Serves 2 (1/2 large stuffed pita pocket per serving)

- 1 large whole-wheat pita
- 2 teaspoons chopped green bell pepper
- 2 tablespoons hummus, store-bought or homemade
- 2 cups mixed greens, romaine lettuce or broccoli slaw
- 4 pieces sun-dried tomatoes
- 1 hard boiled egg, peeled and diced

1. Cut the pita in half and place in a toaster if you like your pita slightly crunchy and warm.
2. Add 1 cup of the greens and one teaspoon bell pepper to each pita half.
3. Divide the sun dried tomatoes, hummus and hard-boiled eggs equally into each half.
4. Eat immediately or wrap up in a piece of foil for a quick lunch on the go.

Nutrients per serving: 185 calories, 9g protein, 27g carbohydrates, 6g fat, 274mg sodium