

Live HealthSmart Alabama



Health involves many factors that affect the community and its residents. At Live HealthSmart Alabama, we're working to reduce obesity, high blood pressure, diabetes, and high cholesterol by making good health simple. Every other week, we'll share tips on physical activity, good nutrition, and prevention and wellness. This week, we're focusing on good nutrition.

How to Avoid Empty Calories

Source: Healthline.com

If you want to be healthier, avoiding empty calories is a great step. Empty calories come from foods and drinks that have little to no nutritional value. They taste yummy because they have added sugars and fats, but they can lead to weight gain and make you crave more.

Foods That Contain Added Sugar and Fats

- **Pre-packaged Treats:** Cakes, cookies, and donuts with lots of sugar and fats
- **Fast Food:** Often packed with sugar and fats
- **Full-Fat Dairy:** Cheese, ice cream, and other dairy products with whole milk or cream
- **Candy:** Hard candy and candy bars with added sugars and fats
- **Processed Meats:** Hot dogs, sausage, bacon, and ribs with solid fats
- **Sugary Beverages:** Soft drinks, sports drinks, sweet tea, lemonade and energy drinks

Try These Healthier Options Instead



BEVERAGES

Drink water, sparkling water, or coffee instead of soda



MEATS

Go for fish, skinless chicken, turkey breast, or low-fat ground beef



DAIRY

Choose fat-free or low-fat dairy products



SNACKS

Enjoy whole fruits and vegetables, baked chips, low-fat popcorn, whole grain crackers, and low-fat salad dressing

HEART HEALTHY

LOW SODIUM

Baked Salmon

By: Lauren Auditore

INGREDIENTS

- 4 (6-ounce) salmon fillets
- 2 tablespoons butter, melted
- 1/2 tablespoon lemon juice, plus lemon slices for garnish
- 3 garlic cloves, minced
- Salt and pepper
- 1 teaspoon finely chopped parsley
- 1 teaspoon finely chopped dill



INSTRUCTIONS

1. Preheat your oven to 375F/190C and let the salmon come to room temperature for 15 minutes.
2. Mix together melted butter, garlic, parsley, dill, and lemon juice.
3. Place salmon in baking dish and brush butter mix over salmon.
4. Place in oven and cook for ~12-13 min for regular sized salmon, or until internal temperature is 125-130° F.
5. Salt and pepper to taste.

View more recipes!



uab.edu/livehealthsmartal



@LiveHealthSmartAL

