



HELPFUL TIPS FOR BETTER EATING

Registered dietitian Leslie Bonci M.P.H., R.D., CSSD, LDN, sports nutritionist for the Pittsburgh Steelers and the Pirates, always has soup on her “training table.” Here are some of her tips for better eating and exercise.

- **START WITH BREAKFAST:** Rev up your body with a breakfast that includes fiber and protein--nutrients that will keep the hunger pangs away. A slice of *Pepperidge Farm*® bread with a tablespoon or two of peanut butter and a glass of low fat milk is a good choice.
- **MAKE IT EASY:** Pack your own meals and snacks so you can avoid tempting foods outside of the home. A *Campbell's Chunky* microwavable bowl of soup is great to bring to work.
- **FILL UP, NOT OUT:** Low calorie-dense foods, those that are higher in water content and offer more nutrients in fewer calories such as vegetables, fruits and soups are great for weight management. Pair *Campbell's® Chunky™* Grilled Sirloin Steak with Hearty Vegetables Soup with a side salad for maximum “volume” impact.
- **BUILD MUSCLE:** Look for protein-rich foods such as nuts, beans or lean meats. Along with exercise, protein helps build muscle, which can boost metabolism.
- **DRINK UP:** Drink low-calorie liquids for hydration such as water, unsweetened tea or coffee. In order to sneak in a few more vegetables, consider a *Campbell's® V8® 100% Vegetable Juice*.
- **GET YOUR ZZZs:** Be sure to get enough sleep each night to improve eating habits and concentration. Often, people make poor food choices and overeat simply because of fatigue. Ideally, aim for 7-8 hours on most nights.
- **MOVE MORE:** Make physical activity a regular part of your life. It'll build more lean muscle, which can boost your metabolism and burn more calories. Every little bit counts so start taking the stairs, walking a few blocks at lunchtime, or getting up from your desk every hour.
- **MAKE FAMILY TIME:** Less time in the kitchen means more time to spend with the family. A few nights a week opt for simple meals, such as soup and sandwiches that everyone will enjoy.
- **SAVE DOLLARS:** With the cost of food in mind, stretch your dollar by making meals at home or repurposing leftovers into brand new meals. Eating at home helps with portion control, too.