

Mayo Clinic Minute

Revamping your plate to reduce processed meats

VIDEO	AUDIO
	You've heard the warnings about limiting processed meat. So what should you put in its place?
Title: Heather Fields, M.D. Community Internal Medicine Mayo Clinic	"You want to avoid replacing it with other processed foods. So anything that comes in a box or a package."
Graphic: Grass-fed, organic chicken breasts Black-bean burgers	Internal medicine specialist Dr. Heather Fields suggests swapping out hot dogs and hamburgers for grass-fed, organic chicken breasts or black-bean burgers.
Heather Fields, M.D.	"Or you could splurge, and get some wild Alaskan salmon and increase the content of omega 3 fatty acids, which are great for heart health and brain health."
Graphic: Fill half your plate with vegetables	And make vegetables the main focus of the meal.
Heather Fields, M.D.	"You want to try to have half your plate filled with vegetables."
Graphic: Leafy greens Colorful vegetables Whole fruits Whole grains Legumes	Dr. Fields says green, leafy vegetables and other colorful veggies offer the most vitamins, minerals and antioxidants. Add whole fruits for more of these nutrients. And include a side of whole grains or legumes, too.
	And Dr. Fields says don't worry if you can't make every plate look like this.
Heather Fields, M.D.	"I think it's difficult for some people to eliminate all sources of processed meat. But every little bit counts."
	For the Mayo Clinic News Network, I'm Jeff Olsen.