As the weather warms up, our thoughts turn to the great outdoors. Spring also brings a renewed commitment to shaping up and eating light. Lighter eating doesn’t have to be a sacrifice - it can be delicious and satisfying. Try some of these great tasting but low calorie ways to lighten-up this spring.

Toss Life into Your Salads
When it’s time for spring cleaning, ditch the high fat creamy dressings and try lighter flavors. Experiment with herbal and fruit flavored vinegars, different healthy oils like sunflower and peanut, tangy vegetable or citrus juice dressings, and the healthy crunch of nuts or seeds sprinkled on top. Make your spring salads come alive with flavor.

Add Zest to Your Pasta
Cold pasta dishes can also be light on calories yet full of flavor. The secret is adding great tasting lower calorie ingredients like marinated lean meats, seasonal fresh vegetables, dried or fresh fruit and lighter pasta sauces. For your hot pasta dishes, lighten-up with small amounts of olive oil and a few herbs or a tomato sauce with seasonal roasted vegetables.

Put Some Spring in Your Sandwiches
Your sandwiches can be satisfying and full of flavor without being high in calories. Just make sure to choose the right spreads and breads. Try spreading fruit preserves, flavored mustards or even hummus onto hearty whole grain breads. Discover your favorite way to add low fat flavor to the everyday turkey, roast beef or chicken sandwich.

The Lighter Side of Pizza
Expand your pizza choices with flatbreads that are light on the crust as well as the cheese. Look for thin crust tomato pies or flatbreads with less cheese but more flavor from diced or sun-dried tomatoes or sautéed mushrooms. Try different ways to slice the calories from your pizza, without sacrificing flavor.

Spring into better health with these light and delicious ideas for the season.
Spring Training
Exercising regularly is one of the single most important things you can do to boost your health. And you don’t need to travel or purchase expensive gear to begin training. For the most part, all you need is renewed commitment and comfortable shoes. So increase your physical activity and spring into better health with the exercise plan that’s right for you.

How Much is Enough
For healthy adults, experts recommend that you get active for a minimum of 30 minutes a day, at least five days a week, with the kind of exercise that causes you to break a sweat while still comfortably able to carry on a conversation. If you do not currently exercise, 30 minutes may be a lofty goal so start slowly and build up gradually.

Know Your Limits
The exact amount of exercise that each person needs can vary with age, diet and even genetic make up. Since everyone’s health history is different, make sure that you talk with your doctor for the exercise plan that’s right for you.

Personalize Your Routine
What’s the best way to kick off a springtime exercise routine that stands the test of time? Choose a routine that’s convenient and fits your style. Keep your goal top of mind, and have fun!

If you’re not a morning person or are exhausted after work or school, split up your physical activity. Try to keep moving throughout the day. Instead of sending e-mails or text messages, take a walk and communicate in person. Instead of elevators or escalators, take the stairs. At lunchtime, take 15 minute outdoor walks with a friend or hop onto the nearby gym treadmill with your head phones and listen to music or a book on tape.

If you’re socially responsible and goal oriented, support you favorite charity walk, run or bike. If you’re fun loving, competitive and can commit to a schedule, sign up for sports like tennis, racquet ball or volleyball. According to the experts, “when it comes to exercise, some is better that none and more is better”.

Since everyone’s health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that’s right for you.

Lighten Up Chicken Caesar Salad
Serves 4
Ingredients:
- Chicken:
  - 2 tsp vegetable oil
  - 1 lb boneless, skinless chicken breast
- Dressing:
  - ½ cup fat free mayonnaise
  - 1 Tbsp lemon juice
  - 1 Tbsp red wine vinegar
  - 1 ¾ tsp Dijon mustard
  - 1 Tbsp grated Asiago cheese
  - 1 ½ tsp minced garlic
  - ½ tsp ground black pepper
- Salad:
  - 1 ¼ lb romaine lettuce, cut into bite-size pieces (about 3 quarts)
  - 2 cups plain croutons
  - ½ tsp ground black pepper

Preparation:

For the dressing: Combine dressing ingredients. Whisk until well blended. Cover. Chill.

For the salad: Combine romaine, croutons and dressing. Toss to coat. Place salad on serving platter. Top with sliced chicken and sprinkle with pepper.

Serve immediately.

NUTRITIONAL INFORMATION per serving
- Calories: 330
- Protein: 31g
- Cholesterol: 75mg
- Sodium: 580mg
- Carbohydrates: 32g
- Saturated Fat: 2g
- Total Fat: 9g