



Eat at least 5 servings of a variety of fruits & vegetables a day

Fruits and vegetables contribute to a healthy, balanced diet; are a good source of vitamins and minerals; they're an excellent source of dietary fiber and can help to reduce your risk of heart disease, stroke and some types of cancer. They can be fresh, frozen, canned, dried or juiced.

Buy Ingredients NOT products

Your body utilizes nutrients far more efficiently when consumed in real whole foods versus foods that you get from processed food in a box or package. More than 60% of the American diet is from processed food. Start your own garden, shop the produce section, or shop the farmer's market and surround your meals around these foods. Aim for an 80/20 lifestyle and surround each meal with 80% whole food and you are on the right track for improved health!

Reduce Your Sugar to Improve Your Health

The sugar epidemic is huge in this country. It is extremely addictive and wreaks havoc on our health. Sugar is often hidden in "health foods" as well so make sure that you read labels and keep track of how much sugar you intake. Rule of thumb: 1 teaspoon of sugar equals 4 grams on a recipe.

- Men should consume no more than 9 teaspoons of sugar a day (36 grams).
- Women should consume no more than 6 teaspoons of sugar a day (25 grams).
- Teens and older children should consume no more than 4-5 teaspoons of sugar a day (16-20 grams).
- Toddlers should consume no more than 3-4 teaspoons of sugar per day (12-16 grams).

Just to put it in perspective a 16 ounce bottle of regular soda has 59 grams of soda. That is double the daily amount for a woman in one day and almost 3 times as much for a teenager.

Replace sugar in recipes by using natural sources such as honey, pure maple syrup, dates, or sweet fruits like bananas, to cut down on added sugar.



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Pork Tenderloin with Grilled Peaches & Citrus Herb Sauce

1 lb Pork Tenderloin (may substitute Chicken Breasts or Thighs)
1 tbs Montreal Steak Seasoning
1 tsp Paprika
2 tbs Vegetable Oil

2 ea Fresh Peaches, Peeled and cut into 8 wedges
1 tbs Vegetable Oil
1 tbs Fresh Chopped Cilantro Leaves
1 tbs Fresh Chopped Parsley Leaves
1 ea Fresh Lime, Juiced
Sea Salt, to taste



Remove the pork tenderloin from the package and pat dry with a paper towel.
Remove the silver skin by carefully running the knife under it. This is optional.
Mix the steak seasoning, paprika and oil and rub all over the meat.
Place into a gallon size storage bag and let marinate 4 hours refrigerated.
Mix the cilantro with the parsley, lime juice and salt.
Toss the peach slices in the oil.
Remove pork tenderloin from refrigerator and let rest for 1 hour at room temperature in bag.
Heat the grill to medium high heat.
Brush a little additional oil on the pork, grill turning occasionally with tongs, until charred and a thermometer inserted into the thickest part of the tenderloin reads 145, about 20 minutes.
Remove from heat and place on a clean plate and cover with foil to let rest.
Turn the grill to high heat and place the peaches over the heat for 90 seconds a side.
Remove and toss with the cilantro mixture.
Carve the pork ½” thick and lay out on the plate.
Top with the grilled peaches and citrus herb sauce.
Serve with brown, wild rice or a rice & quinoa blend.

Coming Soon!

Look for the Live Well Streator logo at local restaurants to sample new, healthy menu options that make it easier for you to “eat well while eating out.” Thank you to our local restaurants for partnering to make healthy living a priority. Learn more by following Live Well Streator on Facebook.



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