

Eating Healthy

Invest in your health - It's easier than you think!

Cooking and eating good food is one of life's greatest pleasures. Providing delicious home cooked meals for family and friends has been an expression of love for centuries in cultures all around the world. In pre-historic times finding food was only about survival. In modern times, the sharing of food has become a social, cultural experience. It's almost impossible to think of a social occasion that doesn't include, if not center around, food. Because of this, it's very important that we try to make that food as healthy as possible. Fortunately, it's very easy to make healthy AND tasty food!

HUH?

The news about healthy vs. unhealthy foods can be very confusing and can change from one study to the next. But if you focus on some basics, you can make healthier choices that also taste great. Let's start by talking about nutrition. There are three foundational pillars of good nutrition that everyone should understand, but most of us don't. So what exactly are these all-important three?

Can Healthy Food REALLY Taste Good?

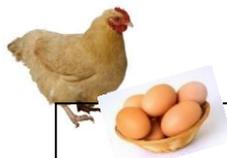
Healthy food can taste BETTER than those tempting bad foods - IF you choose the right meals, foods, and seasonings. Not every healthy food choice has to taste dull, boring, or totally yucky. There are lots of options available for maintaining a healthy diet without having to sacrifice good taste and flavor. Mediterranean cuisine is a great example of healthy eating with intense, tasty ingredients.

Old Habits Die Hard

In the U.S., most of you - and your parents - were probably raised eating a lot of unhealthy foods. It's what you're used to; you have acquired a taste for fatty, salty, and sugar-filled foods. YOU CAN CHANGE this pattern! If you make a commitment to eating good food, prepared with healthy cooking techniques - your tastes and preferences would certainly go back to the way in which nature intended; you would begin to crave the fresh fruits and vegetables, whole grains, nuts and seeds, good fat and lower sodium foods that make up a healthy diet. We are all capable of retraining his or her tastes, habits, and body. You would feel better, have more energy and even look better! LOOK better? Oh, yea. More on that later.

In a nutshell - you need to experiment with different cooking techniques, new foods and creative combinations. Instead of fat, salt and sugar, try using fresh herbs and spices and fruit juices to kick up the flavor of your food. Don't try forcing yourself to eat things that you do not like; you'll set yourself up for failure!

THE BIG



Protein

is extremely important to your body's health. Your body uses it to build things like fat-burning muscle, bones, and much more. Being deficient of protein will inevitably result in loss of muscle as well as possible emotional or mental issues. Meats, eggs and dairy products are the most common sources of protein, but there are many other plant-based sources of protein, like rice and beans and soy-based foods.

BEST HEALTHY SOURCES: SEAFOOD, LEAN BEEF, WHITE MEAT POULTRY, PORK TENDERLOIN, BEANS, EGGS, LOW OR NO FAT MILK, CHEESES AND YOGURT, (NON-GMO) SOY PRODUCTS



3



Fats

have really been given a bad name. You might automatically think fat is bad, however it is not. Fats are important to cells and glands functioning properly...especially the adrenal and reproductive glands.

The **type of fat** and **amount** of it you consume is what really matters. Not all fats and oils are created equally. The percentage of calories from fat that you eat, whether high or low, isn't really linked with disease. What really matters is the **type of fat** you eat. The fats that occur naturally in many foods play an important role in nutrition, from serving as a concentrated source of energy for the body to providing insulation for body tissues.

GOOD FATS: Mono or poly-saturated fats, often found in **NUTS (ESPECIALLY WALNUTS AND ALMONDS), SEEDS, AVOCADOS, FISH LIKE SALMON AND TUNA AND OLIVE, CANOLA, SUNFLOWER, SOY, AND CORN OILS**



BAD FATS: Avoid saturated fats; except occasionally in small quantities. Fats found in animal sources, like red meat, poultry, whole or reduced-fat milk, and butter are saturated fatty acids. But that's not the only place that saturated fats lurk. You'll also find them in several vegetable oils, like coconut, palm kernel oil and palm oil. To help identify saturated fats, remember that saturated fats are usually solid at room temperature (think butter versus olive oil).

BIGGEST, BADDEST FAT OF ALL: Trans fats, typically found in hydrogenated oils are to be completely avoided.

★ *Good or bad - remember that fats should only be consumed in moderation! You can have too much of a good thing. Consumption of excessive amounts of even good fats is bad for your health!* ★

Carbohydrates

(carbs) are sugars and starches that come from plants. They are an extremely important source of energy. Like fats, carbs must be wisely selected and eaten in moderation. A system called the glycemic index aims to classify carbohydrates based on how quickly and how high they boost blood sugar compared to pure glucose.(3) Foods with a high glycemic index, like white bread, cause rapid spikes in blood sugar. Foods with a low glycemic index, like whole oats, are digested more slowly, causing a lower and gentler change in blood sugar. Foods with a score of 70 or higher are defined as having a high glycemic index; those with a score of 55 or below have a low glycemic index.

BAD CARBS: The carbs that so many people eat so much of are simple (refined) carbs that are basically empty calories. Refined carbs are what is known as high glycemic (GI) foods. They are a major cause of weight gain, obesity, heart diseases, and contributor to the diabetes epidemic. Think sugar-laden beverages, candy, white breads and grains, etc

GOOD CARBS: VEGETABLES, FRUITS, BEANS, AND LEGUMES & WHOLE GRAINS are good choices for low glycemic carbs. These choices provide energy and vitamins without risking your health!



Nutrients Your Body Needs

To be fit and healthy our bodies require us to eat a combination of nutrients every day. ... The 30 required nutrients can be broken down into six different classes: **water, protein, carbohydrates, fats, dietary fiber, vitamins, and minerals.**

☆ **Water is the single most critical nutrient and we cannot survive without it.** Without water, we would become dehydrated, and in time die. Drinking 6-8 glasses a day is recommended. Water is also found in food (like fruits and vegetables) and other liquids, so you can get the water you need by eating a variety of water rich foods.

☆ **Protein** is another category that we cannot do without. Proteins are found in meat, eggs, cheese, soy, etc. Proteins supply amino acids to build muscle tissue and support red blood cells.

☆ **Carbohydrates, fats, and dietary fiber** are necessary for us to get the **energy** we need to function and to operate properly. Our bodies use fat for intense energy activities (exercise, hard work) and carbohydrates for less intense activities (standing or sitting). Dietary fiber helps to regulate the digestion and cleanse waste products from our bodies.

☆ **Vitamins and minerals** support the cells in our body and many in combination **keep everything functioning properly.** We get most of these nutrients through food sources such as milk, fruit, vegetables, etc. Some of the vitamins and minerals we need to keep our bodies working well include: vitamin A, calcium, iron, thiamine, vitamin C, and vitamin D to name just a few. **We do not need supplements if our diets contain a variety of foods and we** consider each source to make sure we get ALL that we need...Supplements can help support our systems if we find that we just aren't getting the right amounts to maintain our systems. Now back to the idea that eating healthy will actually help you to look better in addition to feeling better.

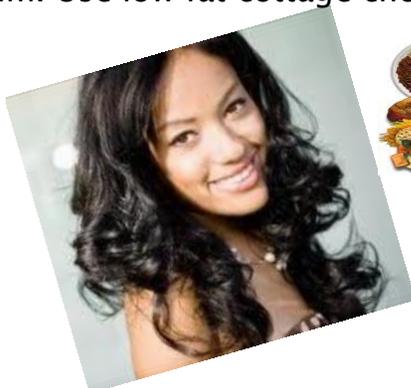
Foods for Healthy Skin

- ☆ **Green vegetables** - Packed with inflammation-fighting nutrients and loads of antioxidants, most green leafy veggies contain plenty of fiber, which helps slow the rise of blood sugar after eating.
- ☆ **Green Tea** - Green tea has numerous health benefits; it also helps keep pimples from popping up. It's chock-full of the antioxidant catechin EGCG, an effective anti-inflammatory.
- ☆ **Sweet Potatoes** - The pumpkin-colored hue of sweet potatoes not only looks pretty on your dinner plate, but its shade also works wonders on your complexion. Sweet potatoes boast large amounts of beta carotene. Beta carotene protects against the sun exposure damage.
- ☆ **Berries** - Plums, strawberries, blueberries and blackberries. These berries have a great antioxidant capacity which means – the more of these we have, the longer our skin will look healthy and glowing.
- ☆ **Yogurt** - Low fat dairy products are full of vitamin A. This essential vitamin does wonders for our skin. (If you have a thyroid problem or diabetes that's all the more reason for you to stock up on organic low or non- fat yogurts.)
- ☆ **Seafood** - Seafoods are a great source of zinc. Zinc speeds up healing. Zinc deficiency can lead to dull complexion, white spots on nails and dandruff.
- ☆ **Avocado** - Avocados are a great source of B vitamins, which help to keep your skin looking vibrant and smooth. Avocados help to prevent dry skin and brittle hair and nails. When applied topically, they can hydrate parched skin.
- ☆ **Grapes** - Grapes are great source of polyphenols, which help keep middle-aged skin from sagging.
- ☆ **Apricots** - Helps keep skin youthful as they are known to be an anti-aging fruit. Carotenoids are antioxidants found in apricots that protect the body.
- ☆ **Apples** - Organic red delicious apples are excellent for the skin.
- ☆ **Lemon** - Lemon is purifying to the body and gives a lovely glow to the skin when consumed regularly with water.



Foods for Healthy Hair

- ✧ You should eat **green vegetables** everyday for beautiful hair. Green vegetables are very useful for hair as they are rich in vitamin A and C. Include green vegetables **Broccoli, Spinach, and Fenugreek**. **Broccoli** is an excellent source of vitamins A and C, which your body needs to produce sebum. This oily substance, secreted by your hair follicles, is the body's natural hair conditioner.
- ✧ **Beans** are very useful for hair as they are rich in protein, rich in iron, biotin and zinc. Beans help in hair growth.
- ✧ **If you don't have high cholesterol**, eating **red meat** twice a week for optimal hair health can be beneficial. Not only does beef have the protein you need, but also B vitamins, iron, and zinc, important minerals for healthy hair. If you are pure vegetarian and you cannot eat beef for health hair, try **egg whites**, they are the next best thing. **Cottage cheese** is also a good source of calcium. Use low-fat cottage cheese for a protein-packed snack or as part of your lunch. Top it with some fresh berries for an added serving of fruit.
- ✧ Eat **Sprouts!** They are rich in silica, a mineral that gives strength to the hair shaft and hair follicles.
- ✧ **Whole grain foods, egg yolks, whole milk and vegetables such as potatoes** are great sources of Pantothenic acid. Pantothenic acid is essential for a healthy scalp; it helps refine food into energy. There is some proof that it can return your hair to black color, eliminating the gray, as well as reverse hair loss.
- ✧ **Low and no-fat dairy products** like **skim milk and yogurt** are great sources of calcium, also an important mineral for hair growth.
- ✧ Eat **Carrots** everyday in your meal. Carrots are an excellent source of vitamin A, which promotes a healthy scalp



Foods for Healthy Eyes

Healthy aging involves more than just taking care of your heart, brain and bones; it is important to maintain the health of your eyes in order to help prevent age-related eye diseases, such as macular degeneration, vision loss, dry eyes, cataracts, and problems with night vision. The foods you eat contribute directly and indirectly to your continuing eye health, or they can contribute to declining vision, eye disease, perhaps even blindness. Here are 10 foods to help maintain eye health and protect against cataracts, macular degeneration, and other eye problems.

Garlic - Garlic is one of the most valuable foods you can eat in terms of overall health, and one of the very Important Foods for Eye Health. Garlic aids in the digestion of fats and oils, lowers blood pressure, prevents arteriosclerosis, and lowers cholesterol levels.

Carrots - They contain very high levels of the vitamin A, thus they are recognized as eye food.

Sweet Potatoes - They are rich in vitamin A which helps to cure eye problems and strengthens the immune system.

Spinach - Spinach is one of the best foods for eyes; it is another good source of vitamin A and it contains other very important eye nutrients which include zeaxanthin and lutein and is packed with beta carotene and Vitamin C. These 4 nutrients are valuable for eye health. Zeaxanthin and lutein absorb the harsh sunlight, protect the retina and reduce the chances of macular degeneration.

Sunflower Seeds - Sunflower seeds contain selenium, a nutrient that may

prevent cataracts and promote overall eye health.

Fish - Certain varieties of fish like **salmon** and **sardines** are good for eye health.

They have omega-3 fatty acids which are said to safeguard the small blood vessels found in the eyes. Salmon is rich in omega-3 fatty acids, which are important for maintaining overall eye health. It also contains folic acid, vitamin D, vitamin B6, vitamin B12, and vitamin A.

Ostrich - Ostrich is a great source of proteins, zinc and iron. All these nutrients are vital for maintaining the health of your eyes.

Eggs - Eggs are also very beneficial for eye health, Eggs contain Vitamin A, zinc, lutein, lecithin, B12, vitamin D, and cysteine.

Dark Chocolate - Dark Chocolate contains flavanoids which protect blood vessels of the eyes. As a result of that cornea and lens stay strong. One point should be noted that dark chocolate needs to be pure to get the desired result.

Foods for a Healthy Heart

Heart disease is a growing concern in the world today. Eating right is a key component of lowering your risk of heart disease. Food is directly involved in many of the risk factors for coronary heart disease. **Experts say that eating a heart-healthy diet can reduce your risk of heart disease or stroke by 80%.** Some foods increase the risk of coronary heart disease, others may protect against it. Here are some foods that are believed to help prevent heart disease and improve cardiovascular health.

- ♥ **Olive Oil** - It reduces your risk of heart disease by lowering your LDL cholesterol levels. Use olive oil for cooking, or make a nice dip for whole grain bread by pouring a bit of olive oil in a small bowl and add a pinch of sea salt, sprinkle of oregano and/or thyme and rosemary. Add a clove of smashed garlic and let the mixture sit for about an hour before using if you have time.
- ♥ **Soy Protein** - Soy Protein is inexpensive; this high-quality protein contains fiber, vitamins, and minerals -- all the ingredients for a heart-healthy diet. Also, a diet rich in soy protein can lower triglycerides, which help prevent cardiovascular disease and keep your heart healthy and strong. In those with high cholesterol levels, the benefits of soy foods are due to their high levels of polyunsaturated fats, fiber, vitamins, and minerals. But please, look for "Non-GMO" products!
- ♥ **Oily Fish** - Oily fish such as **mackerel, sardines, tuna and salmon** are a good source of omega-3 fatty acids. This type of fat has been shown to reduce triglycerides and increase HDL-cholesterol levels, improve blood vessel elasticity and thin the blood, making it less likely to clot and block blood flow.
- ♥ **Garlic** - a compound in fresh garlic called allicin has been found in some studies to lower blood cholesterol.
- ♥ **Green Vegetables** - We all know that green vegetables are good for us, but they are also very powerful. Green vegetables are full of carotenoids and flavonoids that will help you achieve optimum vascular health.
- ♥ **Grape Juice and Red Wine** - contain flavonoids, which prevent platelets from sticking together. Grape juice is great source of potassium that helps control blood pressure. Red Wine is also very important for heart; it contains 3 times more flavonoids than grape juice, but should - of course - only be consumed by adults.
- ♥ **Avocados** - Avocados are Great source of folate and potassium, which helps control high blood pressure. Avacados are high in fat, but the fat is monounsaturated, which can help decrease triglycerides.
- ♥ **Water** - This is not a food but this is something we should never skimp on. Prefer H2O anytime to sodas as well as alcoholic beverages. Make certain to splash during slightest & eyeglasses of H2O bland for great health.

Also, it is very important to **avoid saturated fat** "like the plague"! Try your best to eat whole non processed foods and no lab engineered fats like partially hydrogenated oils. Olive oil and canola oil are examples of unsaturated fats and are therefore ok to have. Just look for non-GMO (genetically modified) brands. By understanding how your food choices impact the health of your heart, you may be able to prevent or manage heart disease and high blood pressure.

Healthy Eating Basics

Here is a fast overview of fundamental tips of healthy eating:

- ***Restrict your consumption of junk food, soda and other sugary beverages as well as alcoholic beverages***
- ***Drink plenty of water (6- 8 cups each day)***
- ***When eating carbs, choose whole grains as often as you can...if gluten is an issue for you, there are many other whole grain options available: corn, amaranth, buckwheat (a “superfood”), millet, rice, wild rice, quinoa, oats (if labeled as gluten-free, like “Bob’s”), sorghum and teff...and fruits and vegetables***
- ***Reduce high sodium and overly sweet foods***
- ***Stick to healthy fats like olive, canola and grape seed oils, avocados, fish and nuts – avoid foods that have a lot of saturated fat and stay away from trans-fats altogether***
- ***Make “variety” a staple of your eating and meals and try to “eat a rainbow” of fruits and veggies***

HEALTHY EATING BASICS – ACTIVITY

CREATE A HEALTHY MENU FOR THE DAY: BREAKFAST, LUNCH AND DINNER – INCLUDING A BEVERAGE – AND 2 SNACKS. USE THIS PACKET, COOKBOOKS AND MAGAZINES IN THE ROOM, AND THE NUTRITION POSTERS AROUND THE ROOM TO HELP YOU WITH YOUR CHOICES.

BREAKFAST

LUNCH

DINNER

SNACK 1

SNACK 2