

How To Start Eating Healthier with Better Planning & a Gradual Approach

Most Americans consume too many calories and not enough nutrients. The typical American diet is low in fruits, vegetables, and whole grains, and high in saturated fat, salt, and sugar. As a result, more Americans than ever are overweight, obese, and at increased risk for diseases such as: heart disease, high blood pressure, diabetes, and certain cancers. Here are 12 tips to moving your eating habits in the right direction.

1) Look at What You Eat Now: Keep a food journal of what you eat so you can figure out what adjustments you need to make. If you have to write down you ate 9 cookies, you may only eat 2 instead.

2) Start with Small Changes - don't go Cold Turkey: To achieve a long-term healthy lifestyle, small changes over time are the most likely to stick. Once the changes become habits, in about 2-4 weeks, make more changes.

3) Use the Nutrition Facts Label to make smart choices. Look at the percent Daily Value (%DV) column. 5 percent or less of the DV is considered low and 20 percent or more is high. Keep saturated fat, trans fat, cholesterol, and sodium low, and keep fiber, potassium, iron, calcium, and vitamins A and C high. Also control portion sizes!

4) Control Portion Sizes: A large bottled drink, isn't one serving! Look at the label and you'll see it's actually two servings. Know proper portion sizes.

5) Get the Most Nutrients for Your Allotted Calories

6) Focus on Fruit: Eat a variety of fruits--whether fresh, frozen, canned, or dried. Whole fruit has more fiber, it's more filling, and it's naturally sweet. Some juices, such as orange and prune, are a good source of potassium.

7) Make Half Your Grains Whole: The words "whole" or "whole grain" must be the first ingredient listed in the ingredients list on the package. " Whole-grain foods cannot necessarily be identified solely by their color or name.

Portion Sizes: What One Serving Looks Like

1 cup of cereal flakes
½ cup of cooked rice, pasta, or potato
1 slice of bread
1 cup of salad greens or piece of fruit
½ cup of raisins
1 ½ oz. cheese
1 cup serving of milk or yogurt
3 oz. meat, fish, and poultry
3 oz. grilled/baked fish
2 Tbsp. peanut butter
1 teaspoon of oil

The size of a fist
½ of a baseball
A cassette tape
A baseball
A large egg
4 stacked dice
The size of a fist
Deck of cards
Checkbook
Ping pong ball
The size of your thumb



It starts at the grocery store!

The typical American consumer hits the grocery store at least twice a week. If the average supermarket stocks over 40,000 items, why does it feel like we never have anything to eat at home? Here's how to shop smarter:

1. Buy fresh vegetables, fruits, meats, seafood and less prepared, boxed and canned foods.

2. Shop the perimeter where the fresh foods is then go into the aisles for staples like beans, tomato sauces and pastas.

3. Target store areas that are safe to browse through like the produce section and steer clear of dangerous sections filled with junk food.

4. Shop with a list or have your husband go for you. Men typically buy only what's on the list.

5. Food-shop with a full stomach.

6. Buy produce before it's peak ripeness.

7. Buy fresh fruit and vegetables in season.

8. Buy organic when possible. Studies show that organically grown fruits and vegetables contain higher levels of cancer-fighting antioxidants than conventionally produced foods.

9. Buy frozen fruits and vegetables. They are often flash-frozen at the source, locking in nutrients in a way fresh or canned aren't.

10. Stock up on canned tomato products -- the one major exception to the "fresher is better" rule. Studies find that tomato sauces and crushed and stewed tomatoes have higher amounts of the antioxidant lycopene than fresh, because they're concentrated.



For More Info, Contact:

SuperFoods Rx:

Fourteen Foods That Will Change Your Life

by Steven G. Pratt, Kathy Matthews

After analyzing the most disease-preventing, anti-aging diets in the world, scientists have found that fourteen nutrients consistently turn up. These top nutrients are found in the fourteen SuperFoods

Beans - lowers cholesterol, combats heart disease, stabilize blood sugar, reduce obesity, relieve hypertension, lessens risk of cancer.

Blueberries - lowers risk of cardiovascular disease and cancer, helps maintain healthy skin to reduce aging.

Broccoli - boosts immune system, lowers incidence of cataracts, supports cardiovascular health, builds bones, fights birth defects.

Oats - lower cholesterol, reduces risk of coronary heart disease & Type II diabetes, high in fiber and protein.

Oranges - supports heart health and prevent cancer, stroke, diabetes and chronic ailments.

Pumpkin - helps lower the risk of various cancers (lung, colon, bladder, cervical, skin, and breast) and supplies nutrients necessary for healthy, youthful skin.

Wild Salmon - lowers risk of heart disease and cancer.

Soy - helps prevent cardiovascular disease, cancer, osteoporosis and helps relieve menopausal and menstrual symptoms.

Spinach - decreases the chance of cardiovascular diseases, a host of cancers, age-related macular degeneration and cataracts.

Tea - boosts the immune system, helps prevent cancer and osteoporosis, lowers risk of stroke, promotes cardiovascular health.

Tomatoes - lowers likelihood of cancer, raises skin's sun protection factor, helps in preventing cataracts, age-related macular degeneration.

Turkey - "healthy" protein source, extremely low in fat, provides multiple nutrients which help build a strong immune system.

Walnuts - reduces risk of developing coronary heart disease, diabetes and cancer.

Yogurt - promotes strong bones and a healthy heart, another health promoting protein source, and a great source of calcium.



13 Tips To Start Eating Healthier contin-

8) Know Your Fats: Fat provides flavor and makes you feel full. It also provides energy, and essential fatty acids for healthy skin, and helps the body absorb the fat-soluble vitamins A, D, E, and K. But fat also has 9 calories per gram, compared to 4 calories per gram in protein and carbohydrates. Strive to lower all three types of fats:

Saturated fat: found mainly in foods associated with animals like cheese, beef, milk

Trans fat: found in hydrogenated vegetable oil; found in vegetable shortenings, margarines, crackers, cookies, snack foods like crackers and cookies.

Cholesterol: found mainly in foods associated with animals like meat, poultry, egg yolks, dairy.

Most of your fats should come from polyunsaturated and monounsaturated fatty acids that occur in: fish, nuts, soybeans, corn oil, canola oil, olive oil, other vegetable oils. This type of fat does not raise the risk of heart disease and may be beneficial when consumed in moderation.

9) Make Choices That Are Lean, Low-fat, or Fat-free: Choose versions of meat, poultry, milk/milk products that are lean, low-fat, or fat-free.

10) Eat Your Veggies: Strive for 2 1/2 cups per day. Pick dark green, orange and yellow vegetables as well as tomatoes. But, make it convenient -- buy salad in a bag and pre-made vegetable trays so everything is cut up and you can just reach in and eat it throughout the week.

11) Lower Sodium and Increase Potassium: Most of the sodium people eat comes from processed foods. Use the Nutrition Facts label on food products: 5% DV or less for sodium. Prepare foods with little salt and use the following to enhance the flavor to food: herbs, spices, lemon or lime, vinegar and salt-free seasoning blends. Potassium counteracts some of sodium's effect on blood pressure. Increase potassium-rich foods such as: sweet potatoes, orange juice, bananas, spinach, winter squash, cantaloupe, tomato puree.

12) Limit "Added Sugars": These are sugars and syrups that are added in processing or preparation. Look on the food label. These added sugars may be listed as: corn syrup, glucose, sucrose, high fructose corn sugar.

13) Increase your fiber! Eat a variety of starchy vegetables and legumes such as: corn, dry beans, peas, chickpeas, pinto beans, kidney beans and tofu.