



How to improve on your Diet:

Choose more vegetables & fruits



Diets rich in vegetables and fruits lower blood pressure; reduce risk of heart disease, stroke, and probably some cancers; lower risk of eye and digestive problems; and a mellowing effect on blood sugar.

Experts agree the key to healthy eating is the time-tested advice of balanced, variety and moderation. This means eating a wide variety of foods without getting too many calories or too much of any one nutrient. To stay healthy one has to choose a healthy diet founded on daily exercise

and weight control, since these two related elements strongly influence chances of staying healthy. One should eat more vegetables, whole grains and less red meat, refined grains, potatoes, sugary drinks, and salt.

In every meal there should be colorful vegetables and fruits, the more varied the better. A quarter of the meal should be whole grains while the rest should be proteins, such as fish, poultry, beans, or nuts. Healthy oils like olive and canola should be used in cooking, on salad, and at the table. Complete your meal with a cup of water, or if you like, tea or coffee with little or no sugar. Limit on taking too much milk/dairy products per day.

Staying active is half of the secret to weight control. The other half is eating a healthy diet with modest portions that meet your calorie needs, thus choose a plate that is not too large

Make it a meal where vegetables and fruits take

center stage. Go for a variety of kinds and colors of produce, to give your body the mix of nutrients it needs.

Keep counter fruit out where you can see it. That way you'll be more likely to eat. Keep it out on the or in the front of the fridge.

Skipping meals can lead to out-of-control hunger, often resulting in overeating. When you're very hungry, it's also tempting to forget about good nutrition. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.

Most people eat for pleasure as well as nutrition. If your favorite foods are high in fat, salt or sugar, the key is moderating how much of these foods you eat and how often you eat them. Adults who eat high-fat meats or whole-milk dairy products at every meal probably eat too much fat. Use the Nutrition Facts panel on the food label to help balance your choices. If you love fried chicken, however, you don't have to give it up. Just eat it less often.

Not every food has to be "perfect." When eating a food high in fat, salt or sugar, select other foods that are low in these ingredients. If you miss out on any food group one day, make up for it the next. Your food choices over several days should fit together into a healthy pattern.

There are no "superfoods" or easy answers to a healthy diet, don't expect to totally revamp your eating habits overnight. Changing too much, too fast can get in the way of success. Begin to remedy excesses or deficiencies with modest changes that can add up to positive, lifelong eating habits. For instance, if you don't like the taste of skim milk, try low-fat eventually you may find you like skim, too.

Remember, foods are not good or bad. Select foods based on your total eating patterns, not whether any individual food is "good" or "bad." Don't feel guilty if you love foods such as apple pie, potato chips, candy bars or ice cream. Eat them in moderation, and choose other foods to provide the balance and variety that are vital to good health

