

INSPIRED

To Make Healthy Choices

We are continually inundated with new research. Here are some of the latest facts and interesting findings to assist you in making healthier choices.

- **Low-fat does not always equal healthy.** Some believe that low-fat snacks such as pretzels are one of the healthiest choices. But pretzels are made mostly of white flour, topped with crystals of salt. **Better snack choices are nuts, fruit or yogurt.**
- Eggs don't raise cholesterol levels as much as saturated fat does. **Eggs are a nutrient-rich protein source that also furnishes the important eye health nutrient, lutein.** Cholesterol is found only in animal products. Eating less animal products will reduce your intake of saturated fat and cholesterol.
- **Herbs and spices are good sources of antioxidants.** Include them in your every-day recipes to significantly increase your intake of disease-fighting antioxidants.
- Research suggests that **curcumin, a substance that gives turmeric its yellow color, may ease osteoarthritis symptoms** and slow the proliferation of certain cancer cells.
- **Iron helps carry oxygen to the brain and cells, so an iron deficiency can leave you feeling tired and weak.** Try pairing iron-rich foods with foods high in vitamin C because it improves iron absorption. Examples of foods high in iron are beans, seafood, dark green vegetables, and dried fruit, such as raisins and apricots.
- **Good sources of vitamin C** are foods like potatoes, asparagus, avocado, cabbage, cauliflower, kale, lettuce, peas, peppers, pumpkin, radishes, squash and tomatoes.

- **Drinking enough water is essential for physiological processes such as circulation, metabolism, temperature regulation and waste removal.** Even mild dehydration can cause issues including headaches, irritability, reduced physical performance and cognitive functioning. **More than half of all children and adolescents in the United States are under-hydrated.**
- **Fruits and veggies also contribute to your daily fluid intake.** Apricots, peaches, pineapple, broccoli, celery, cucumbers and cantaloupe are some examples that consist of at least 85% water.
 - **Processed foods provide more salt than the salt shaker.** Prepared and processed foods, such as restaurant meals, canned soups, processed meats and side dish mixes tend to have very high salt content. Lots of surprising foods, such as bread, cereals and salsa can also have higher sodium content.
 - **Preserved fruits and vegetables, whether canned, frozen or dried, can be just as healthy as fresh as long as sugar or salt have not been added.**
- Be aware of how much sugar there is in what you eat. Eating too much sugar has been linked with weight gain, obesity and metabolic disorders. **Don't forget all the sugar in what you may drink.**

Making small changes in your daily meals and creating healthy habits will assist you greatly in staying healthier.

For more information:
DID YOU KNOW?
www.guideinc.org

Check out www.nutrition.org for more information

Another great source is www.cdc.gov

Internet advice is not always reliable. Did a registered dietitian write the information?

Look for websites with .gov or .edu or .org for information..

