

# INSPIRED To Make Healthy Choices

## Invest in YOUR Health!

According to health scientists, this generation of children is so unhealthy and unfit that they may be the first generation NOT to outlive their parents.

Reversing this trend is important!

Eating healthy is a challenge for most of us in our busy, go-go lives. One way to create a better balance in our eating habits is to include foods of various colors in each meal.

### ◊ Orange to glow

Orange foods owe their color to a generally high concentration of beta carotene, the brighter, the more they contain. Beta carotene has a protective effect, particularly on skin and mucous membranes, helping them fight the harmful effects of the sun. Eat lots of **peppers, peaches, apricots, melons, carrots and tomatoes**.

### ◊ Red to drain

Food that's reddish in color contains flavonoids, which are powerful antioxidants and also make the blood more fluid, improve circulation and strengthen the vascular walls. Eat plenty of these: **Strawberries, black currants, blackberries, blueberries, raspberries, raisins, plums, beetroot and red currants.** These foods also contain vitamin P, which improves the blood capillaries' permeability, and potassium, which fights water retention.

### ◊ Green to detox

Green foods, mainly vegetables, contain the detox mineral sulphur, as well as water and fiber. They're real cleansers, ridding your body of the toxins that build up thanks to stress, tobacco, alcohol, a bad diet and unhealthy lifestyle. Get plenty of these: **Broccoli, cauliflower, cabbage, spinach, green beans, lettuce, onions, leeks, peas, parsley and chives.** A great source of fiber is also **100% whole wheat breads and pastas.**

Bring more color  
to your meals

Plan your meals

For more information:  
[www.guideinc.org](http://www.guideinc.org)

**Colorful Foods**

### ◊ White to fill you up

White, in nutritional terms, means high protein and low fat. Our bodies need protein to build muscle mass rather than fat mass. Protein also fills you up fast, which makes it a must if you're looking to lose a few pounds! Consider eating **white meat (chicken, turkey), fish, shellfish, seafood, dairy produce and plant based protein foods such as soy and mushrooms.**

### ◊ Yellow foods give you fuel

Yellow foods are often the most energetic or calorific, such as fats and complex carbs. While they may be generous on the calories, these are still essential nutrients the body needs: they're the fuel you need to function! Choose from **plant or vegetable oils, butter, margarine, cereals, potatoes, pasta, rice, quinoa and bread.** Cereals also contain protein and B vitamins, while fat also contains essential acids and vitamin E. These are essential for healthy skin, hair and nails.

**Good snacks that also lower your cholesterol are sunflower seeds, pistachios, pumpkin seeds, pine nuts and whole flaxseeds.**

### It's important to eat breakfast.

People who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight. Someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

Research has shown that kids who eat breakfast get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.



Choose a variety of foods

Eat more smaller meals