

Nutrition

“Let food be thy medicine and medicine be thy food” ~*Hippocrates*

“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.” ~*Doug Larson*

“The more you eat, the less flavor; the less you eat, the more flavor.” ~*Chinese Proverb*

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” ~*Thomas Edison*

“True healthcare reform starts in your kitchen, not in Washington” ~*Anonymous*

“Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise.” ~*Mike Adams*

Pay complete attention to eating, which we usually do on autopilot

Narrow your food choices: pick two healthy breakfasts, lunches, and dinners and rotate for the week

Eat a well-balanced diet (Brenda, what is a simple formula?)

Make one small change to your diet for the week (drink an extra glass of water each day, eat an extra portion of veggies each meal, etc.)

Start with the foods you already eat and make them a little bit healthier

Add fruits and vegetables into your diet as snacks

Continue enjoying your favorite “indulgent” foods, but in smaller quantities and/or less often

Eat breakfast

Keep healthy snacks visible at home

Make a grocery list so that you have healthy foods on hand and minimize last-minute trips to the store

Fix a quick, healthy meal rather than going out to eat one more day than usual this week

Drink more water during the day than other beverages

Drink alcohol in moderation, if at all

Try new foods. Ask friends and family for ideas that they enjoy

Ask yourself why you are eating. Food does not solve boredom, stress, frustration, or other such feelings

Resources:

www.Choosemyplate.gov