

One Bite at a Time

Create Healthful Habits: know what to do, how to do it, be motivated to do it.

Principles:

Create taste buds that appreciate real food.

Choose plant foods: Healthful complex carbohydrates (30-50 g fiber/day)

High in fiber, nutrients, phytochemicals, antioxidants, vitamins, minerals

Reach and maintain healthy weight: appetite control

Reduce risk of cancer, heart disease, osteoporosis, hypertension

Balance blood sugar, reduce blood cholesterol – soluble fiber

Healthy digestive system.

Eat soy foods – 1-2 servings/day

Reduce risk of heart disease, cancer, osteoporosis, menopause complications, PMS

Drink enough water, Ounces of water: take your weight in pounds, divide by 2.

Choose healthful fats: (30-50 g fat/day)

Omega-3 fats: flax seed, walnuts, soy

Monounsaturated fats: nuts, seed, olives, avocados

Limit sugar: Learn to enjoy the sweetness of fruits (<30-50 g added sugar/day)

Limit sodium: Reduce highly processed foods (<2000 mg sodium/day)

Procedure:

Have meals at scheduled times.

Eat a hearty, high fiber breakfast: Whole grains and fresh fruit

Enjoy a high fiber lunch: Whole grains, beans, vegetables and/or fruit

Enjoy a light supper: Soup, salad & whole grain bread or vegetable plate.

Get exercise: Reduces risk of heart disease, cancer, osteoporosis, hypertension, diabetes.

Take a 10 minute walk after meals.

Enjoy a brisk walk each day – 10,000 steps: 20-30 minutes

Do strength training exercises.

Passion:

What are your top 5 reasons to live a healthier lifestyle?

For more information:

Visit a great website: www.vegetarian-nutrition.info

www.pmchurch.org/healthnet

Attend *Nutrition & Wellness Series*: Jan 13, 20, 27 & Feb 3

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