

## HEALTH TIPS FOR THE MONTH OF DECEMBER 2017

### HEALTHY EATING IS IN YOUR MIND Continuous.....

#### 5. Eat more healthy carbs and whole grains

Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes. Studies have shown people who eat more grains tend to have a healthier heart.

**Healthy carbs:** (Sometimes known as good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.

<b>Healthy Fibrous Carbs</b>	<b>Healthy Starchy Carbs</b>	<b>Healthy Simple Carbs</b>
<ul style="list-style-type: none"><li>• Vegetables in general.</li><li>• Cucumbers, asparagus, broccoli, peas, etc.</li><li>• Squash, carrots, peppers</li><li>• Tomatoes</li><li>• Beans</li></ul>	<ul style="list-style-type: none"><li>• Grains generally</li><li>• Whole grains</li><li>• Whole grain pasta</li><li>• Beans</li><li>• Whole grain bread</li><li>• Potatoes, sweet potatoes</li><li>• Healthy cereals</li></ul>	<ul style="list-style-type: none"><li>• Fruits generally</li><li>• Apples, orange, bananas, sweet potatoes, pineapple, berries, etc.</li><li>• Avoid foods with sugar as an ingredient</li><li>• Avoid most fruit juices, especially non-fresh squeezed</li></ul>



**Unhealthy carbs:** (or bad carbs) are foods such as white flour, refined sugar and white rice that have been stripped of all bran, fiber and nutrients. Unhealthy carbs digest quickly and cause spikes in blood sugar levels and energy.



**Avoid:** Refined foods such as breads, pastas, and breakfast cereals that are not whole grain.



## **6. Enjoy healthy fats and avoid unhealthy fats**

Good sources of healthy fat are needed to nourish your brain, heart and cells. As well as your hair. Skin and nails. Foods rich in certain omega-3 fats called EPA and DHA are particularly important and can reduce cardiovascular disease, improve your mood and help prevent dementia.

### **Add to your healthy diet:**

- Monounsaturated fats, from plant oils like canola oil, peanut oil, and olive oil, as well as avocados, nuts (like almonds, hazelnuts, and pecans), and seeds (such as pumpkin, sesame).
- Polyunsaturated fats, including Omega-3 and Omega-6 fatty acids, found in fatty fish such as salmon, herring, mackerel, anchovies, sardines, and some cold water fish oil supplements. Other sources of polyunsaturated fats are unheated sunflower, corn, soybean, and flaxseed oils, and walnuts.



Avocado



Durian



Olives



Olive Oil



Almonds



Brazil Nuts



Pecans



Walnuts

Healthy Fats for Skin, Hair and Health!



Pistachio



Macadamia Nut



Hazelnuts



Cashews



Sachi Inchi Seeds/Oil



Red Palm Oil



Hemp Seeds/Oil



Pumpkin Seeds



Flax Seeds/Oil



Sunflower Seeds



Sesame Seeds



Coconut/Oil

### Reduce or eliminate from your diet:

- Saturated fats, found primarily in animal sources including red meat and whole milk dairy products.
- Trans fats, found in vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.



### 7. Put protein in perspective

Protein gives us the energy to get up and go—and keep going. Protein in food is broken down into the 20 amino acids that are the body's basic building blocks for growth and energy, and essential for maintaining cells, tissues, and organs. A lack of protein in our diet can slow growth, reduce muscle mass, lower immunity, and weaken the heart and respiratory system. Protein is particularly important for children, whose bodies are growing and changing daily.

Here are some guidelines for including protein in your healthy diet:

### Try different types of protein.

Whether or not you are a vegetarian, trying different protein sources—such as beans, nuts, seeds, peas, tofu and soy products—will open up new options for healthy mealtimes.

- Beans: Black beans, navy beans, garbanzos, and lentils are good options.
- Nuts: Almonds, walnuts, pistachios, and pecans are great choices.
- Soy products: Try tofu, soy milk, tempeh, and veggie burgers for a change.
- Avoid salted or sugary nuts and refried beans.

### Downsize your portions of protein.

Many teenagers in the U.A.E. eat too much protein. Try to move away from protein being the center of your meal. Focus on equal servings of protein, whole grains, and vegetables.

### Focus on quality sources of protein,

Like fresh fish, chicken or turkey, tofu, eggs, beans or nuts. Avoid rotten and frozen. Go for fresh food.

# top **meatless** protein sources

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**nut butters**  
8g / 2tbsp



**oatmeal**  
6g / per cup



**Greek yogurt**  
10g / per 100g



**eggs**  
6g / per egg



**beans**  
15g / per serving (180g)



**cauliflower**  
5g / per serving (180g)



**nuts**  
6g / per handful



**broccoli**  
5g / per serving (180g)



**seeds**  
6g / per handful



**spinach**  
5g / per serving (180g)

CONTINUE.....



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