

HEALTH TIPS FOR THE MONTH OF MAY 2017

HEALTHY EATING IS IN YOUR MIND Last month continuous.....

2. Moderation is Key

People often think of healthy eating as an all or nothing proposition, but a key foundation for any healthy diet is moderation. Despite what certain fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body.

Try not to think of certain foods as “off limits”. When you ban certain foods or food groups, it is natural to want those foods more, and then feel like a failure if you give in to temptation. If you are drawn towards sweet, salty, or unhealthy foods, start by reducing portion sizes and not eating them as often. Later you may find yourself craving them less or thinking of them as only occasional indulgences.

Think similar portions. Serving sizes have ballooned recently, particularly in restaurants. When dining out, choose a starter instead of an entree, split a dish with a friend, and don't order supersized anything. At home, use smaller plates, think about serving sizes in realistic terms and start small. Visual cues can help with portion sizes-your serving of meat, fish or chicken should be the size of a deck of cards. A teaspoon of oil or salad dressing is about the size of a matchbook and your slice of bread should be the size of a CD case.

“Being FIT means taking care of your Mind
and your Body...exercising, nourishing,
& strengthening both. It also means increasing
your Emotional fitness.”

Stephanie Eissinger

3. It's not just what you eat, it's how you eat

Healthy eating is about more than the food on your plate-it is also about how you think about food. Healthy eating habits can be learned and it is important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids.

Eat with others whenever possible. Eating with other people has numerous social and emotional benefits-particularly for children-and allows you to model healthy eating habits. Eating in front of the TV or computer often leads to mindless overeating.

Take time to chew your food and enjoy mealtimes. Chew your food slowly, savoring every bite. We tend to rush through our meals, forgetting to actually taste the flavors and feel the textures of what is in our mouth. Reconnect with the joy of eating.

Listen to your body. Ask yourself if you are really hungry, or have a glass of water to see if you are thirsty instead of hungry. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.

Eat breakfast, and eat smaller meals throughout the day. A **healthy breakfast** can jumpstart your metabolism, and eating small, healthy meals throughout the day (rather than the standard three large meals) keeps your energy up and your metabolism going.

4. Fill up on colorful fruits and Vegetables

Fruits and vegetables are the foundation of a healthy diet-they are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants and fiber.

Fruits and vegetables should be part of every meal and your first choice for a snack-aim for a minimum of five portions each day. The antioxidants and other nutrients in fruits and vegetables help protect against certain types of cancer and other diseases.

Eat a rainbow of fruits and vegetables every day-the brighter the better.

The brighter, deeper colored fruits and vegetables contain higher concentrations of vitamins, minerals and antioxidants-and different colors provide different benefits. Some great choices are:

Greens: Greens are packed with calcium, magnesium, iron, potassium, zinc, vitamins A, C, E and K, and they help strengthen the blood and respiratory systems. Be adventurous with your greens and branch out beyond bright and dark green.

Sweet vegetables: Naturally sweet vegetables add healthy sweetness to your meals and reduce your cravings for other sweets. Some examples of sweet vegetables are corn, carrots, beets, sweet potatoes or yams, onions.,,,,,,



Fruits: A wide variety of fruit is also vital to a healthy diet. Fruit provides fiber, vitamins and antioxidants. Berries are cancer-fighting, apples provide fiber, oranges and mangos offer vitamin C, and so on.

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