

HEALTH TIPS FOR THE MONTH OF OCTOBER 2017

HEALTHY EATING IS IN YOUR MIND

Continuous.....

8. Add calcium for strong bones

Calcium is one of the key nutrients that your body needs in order to stay strong and healthy. It is an essential building block for lifelong bone health in both men and women, among many other important functions.

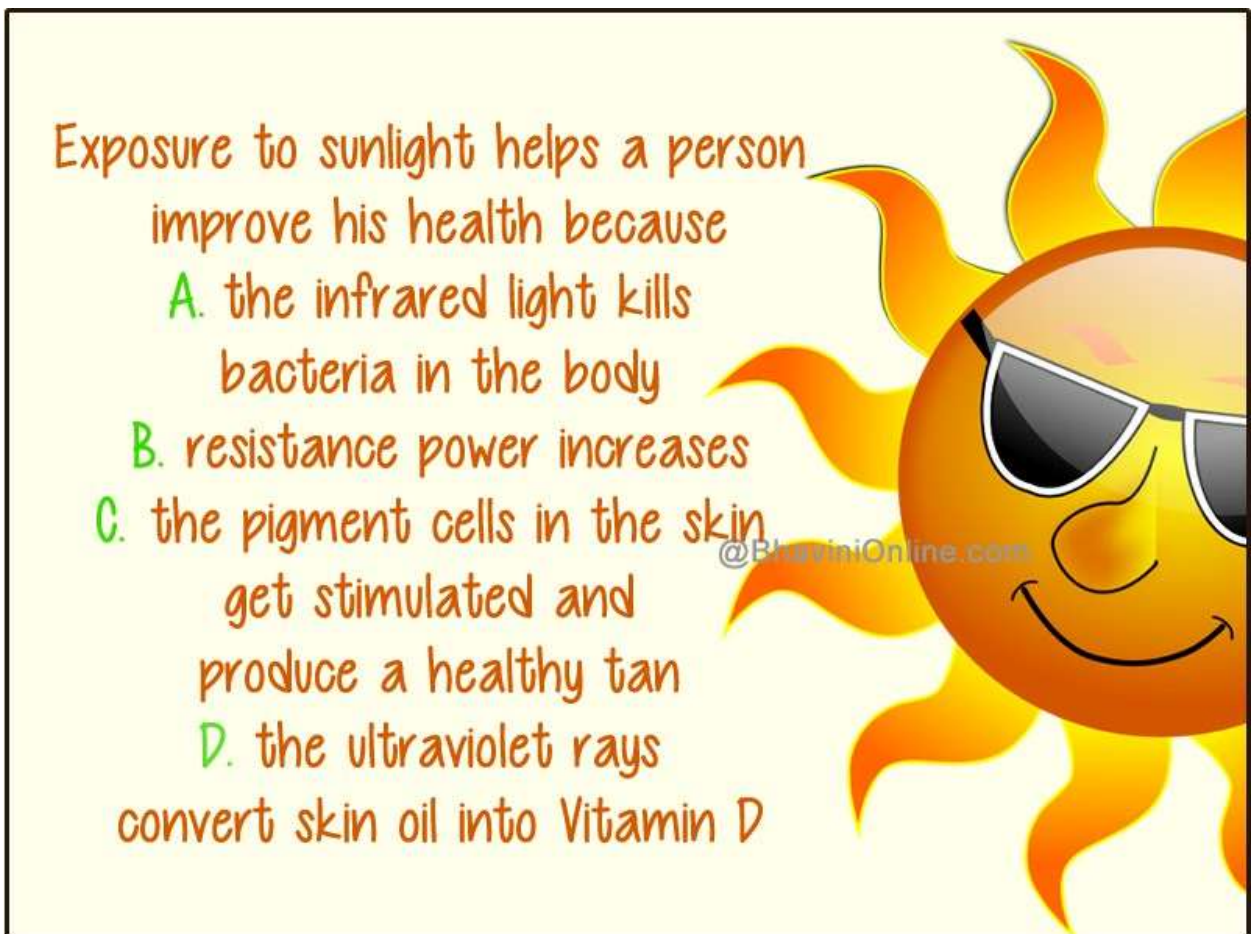
You and your bones will benefit from eating plenty of calcium-rich foods, limiting foods that deplete your body's calcium stores, and getting your daily dose of magnesium and vitamins D and K—nutrients that help calcium do its job.

Recommended calcium levels are 1000 mg per day, 1200 mg if you are over 50 years old. Take a vitamin D and calcium supplement if you don't get enough of these nutrients from your diet.



Good sources of calcium include:

- **Dairy:** Dairy products are rich in calcium in a form that is easily digested and absorbed by the body. Sources include milk, yogurt, and cheese.
- **Vegetables and greens:** Many vegetables, especially leafy green ones, are rich sources of calcium. Try turnip greens, mustard greens, collard greens, kale, romaine lettuce, celery, broccoli, fennel, cabbage, summer squash, green beans, Brussels sprouts, asparagus, and mushrooms.
- **Beans:** For another rich source of calcium, try black beans, pinto beans, kidney beans, white beans, black-eyed peas, or baked beans.
- Exposure to Sunlight is very much essential for Vitamin D action to aid to strengthening of Bones.



9. Limit sugar and salt

If you succeed in planning your diet around fiber-rich fruits, vegetables, whole grains, lean protein, and good fats, you may find yourself naturally cutting back on foods that can get in the way of your healthy diet—sugar and salt.

Sugar: Sugar causes energy ups and downs and can add to health and weight problems. Unfortunately, reducing the amount of candy, cakes, and desserts we eat is only part of the solution. Often you may not even be aware of the amount of sugar you're consuming each day. Large amounts of added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, margarine, instant mashed potatoes, frozen dinners, fast food, soy sauce, and ketchup.

Here are some tips:

- **Avoid sugary drinks.** One 12-oz soda has about 10 teaspoons of sugar in it, more than the daily recommended limit! Try sparkling water with lemon or a splash of fruit juice.



- **Eat naturally sweet food** such as fruit, peppers, or natural peanut butter to satisfy your sweet tooth.



How sugar is hidden on food labels

Check food labels carefully. Sugar is often disguised using terms such as: cane sugar or maple syrup/ corn sweetener or corn syrup/ honey or molasses/ brown rice syrup/ crystallized or evaporated cane juice/ fruit juice concentrates, such as apple or pear/ maltodextrin (or dextrin)/ Dextrose, Fructose, Glucose, Maltose, or Sucrose/ Salt.

Most of us consume too much salt in our diets. Eating too much salt can cause high blood pressure and lead to other health problems. Try to limit sodium intake to 1,500 to 2,300 mg per day, the equivalent of one teaspoon of salt.

Avoid processed or pre-packaged foods. Processed foods like canned soups or frozen dinners contain hidden sodium that quickly surpasses the recommended limit.

Be careful when eating out. Most restaurant and fast food meals are loaded with sodium.

Opt for fresh or frozen vegetables instead of canned vegetables. Cut back on salty snacks such as potato chips, nuts.

Choose low-salt or reduced-sodium products.

Try slowly reducing the salt in your diet to give your taste buds time to adjust.

10: Plan quick and easy meals ahead

Healthy eating starts with great planning. You will have won half the healthy diet battle if you have a well-stocked kitchen, a stash of quick and easy recipes, and plenty of healthy snacks.

Plan your meals by week or even the month

One of the best ways to have a healthy diet is to prepare your own food and eat in regularly. Pick a few healthy recipes that you and your family like and build a meal schedule around them. If you have three or four meals planned per week and eat leftovers on the other nights, you will be much farther ahead than if you are eating out or having frozen dinners most nights.

Shop the perimeter of the grocery store

In general, healthy eating ingredients are found around the outer edges of most grocery stores—fresh fruits and vegetables, fish and poultry, whole grain breads and dairy products. The centers of many grocery stores are filled with overpriced, processed foods that aren't good for you.

Prepare at home whenever possible.

Keep fresh fruits and Vegetables at easy access so that Kids snack upon it instead of junk.

Cooking ahead saves time and money, and it is gratifying to know that you have a home cooked meal waiting to be eaten. Can store home cooked food in the Refrigerator for a day or two depending on the food items. But avoid overcooking and storing.



Medical Team
JSS International School
clinic@jssisdubai.com
0505489717, 0559450467