



Healthful Habits



Eat Breakfast

Breakfast is the most important meal of the day. But why? Well, breakfast is our energy. It is what refuels our bodies and minds to start a new day.

Research has shown that people who eat breakfast experience more positive effects than people who do not eat breakfast. According to studies, individuals who eat breakfast consume more vitamins and minerals, eat less fat and cholesterol during the day, control their weight, have better concentration, more strength, and are more productive.



Food Pyramid Basics

There are many food pyramids available and all of them offer nutritional information. However, with all of those facts and figures, nutrition can become confusing.



Here are some basic principles to remember:

- Eat more fruits, vegetables and whole grains.
- Reduce intake of saturated fat, trans fat and cholesterol.
- Limit sweets and salt.
- Drink alcoholic beverages in moderation, if at all.
- Control portion sizes and the total number of calories you consume.
- Include physical activity in your daily routine.

Shop Smart

A good place to start eating healthy is your grocery list. Organizing your list will help you select healthy foods. Just follow these easy steps from MayoClinic.com:

- Put fruits and veggies at the top of your list. Include items that you can grab and go, and others that can be used in recipes.
- Keep healthy foods in your cupboards and refrigerator, such as whole grain bread and cereals, lean meats, and low-fat yogurt.
- Plan ahead. Think of meals that you can prepare throughout the week.

10 Great Foods

The foods listed below are among the healthiest because they meet the following criteria:

- They have a good source of nutrients
- They are high in antioxidants
- They may help reduce the risk of heart disease
- They are low in calories
- They are readily available

Almonds

Apples

Blueberries

Broccoli

Red Beans

Salmon

Spinach

Sweet Potatoes

Vegetable Juice

Wheat Germ

Please visit www.mayoclinic.com for more information, healthy recipes, sample menus and a calorie counter!

Master's Level Clinicians are available 24 hours a day, seven days a week, to speak with you about any issues you may be experiencing. Call us today!