

Tips for Healthy Eating

1. DON'T eat ground beef and other fatty meats. Try poultry instead. The fattiest meats are ribs, bacon, and sausage.
2. DON'T eat even lean red meat more than three times per week. Lean meats do have less fat but there's no nutrition information labels and so no way to tell how much fat. Research shows that even lean red meats increase the risk of colon and prostate cancer.
3. DO eat vegetarian dinners at least three times per week. Eating more plant foods may reduce the risk of several cancers, including colon, lung, stomach, mouth, throat, esophagus, pancreas, and bladder. It can also lower your risk of heart disease and stroke. Remember to include some bean dishes to replace the protein found in meats.
4. DO make nearly all your snacks fruits and vegetables. The National Cancer Institute recommends that people eat at least five to nine servings of fruits and vegetables per day. The phytochemicals, fiber, folic acid, and potassium in them may reduce the risk of heart disease and stroke.
5. DO switch to low-fat or fat-free milk, yogurt, ice cream, and cheese. Dairy products are important to provide calcium but can be a dangerous source of saturated fat.
6. DON'T eat pizza or other cheese-drenched foods more than once or twice a month. When it comes high fat dairy foods, cheese is one of the worst. Two slices of pizza will use up 40% of your allowable daily intake of saturated fat.
7. DO go for whole grain. Whole grains are more nutritious than refined grains and are closely linked to a lower risk of colon cancer. The easiest way to eat them is to buy whole wheat bread and to switch to whole wheat breakfast cereals.
8. If you do eat butter or margarine, DO buy only light varieties. Butter and margarine both contain saturated fat and margarine contains some trans fatty acids. When cooking, use a vegetable oil such as canola.
9. To cut down on sodium, DON'T lean so heavily on prepared foods. More than 75% of the sodium we eat comes from processed foods.
10. DON'T overload on sweets. By far, North Americans get more sugar from soft drinks than from any other source. They account for 25% of all refined sugar we consume.
11. If you drink alcoholic beverages DON'T overdo it. For women, alcohol decreases the risk of heart disease but increases the risk of breast cancer.
12. Do take a multi-vitamin and mineral and maybe more. Vitamins cannot make up for a poor diet but they can make a good diet better.