

Food Intake

1. When taking care of your body, there are two basic components that you have total control over what goes IN, also known as the food we eat, & what goes OUT, or how many calories we burn when we move. Finding the balance between what goes IN & what goes OUT is the key to success in weight maintenance & being healthier.

2. Eat enough calories but not too many. Maintain a balance between your calorie intake & calorie expenditure - that is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight, & physical activity.

3. Remember that the calories in the energy bars, protein bars, protein shakes & sports drinks add up & truth be told, most people do not need them or benefit from them.

4. Remember, foods are not good or bad. Select foods based on your total eating patterns, not whether any individual food is «good» or «bad.» Don't feel guilty if you love foods such as apple pie, potato chips, candy bars or ice cream. Eat them in moderation, & choose other foods to provide the balance & variety that are vital to good health.

5. Eat at least three kinds of food each meal from these four categories:

- 1) breads, cereals, & grains
- 2) fruits & vegetables
- 3) low-fat dairy
- 4) lean meats, fish, soy & nuts.

6. Eat natural. Many processed foods contain large amounts of additives & chemicals. These can pollute your body & inhibit the natural processes taking place in its cells.

7. Go nuts! Beans, nuts, nut butters, peas, & soy products are good sources of protein, fiber, vitamins, & minerals. Many of the foods in this group provide iron, which is better absorbed when a source of vitamin C is consumed with the meal.

