

Health Problems

1. Eating fish can help to reduce the risk of heart disease & improve your chances of survival following a heart attack. Fish also appear to help reduce blood clotting & abnormal heart rhythms after a heart attack.

2. Diabetes is on the rise, yet most cases of diabetes are preventable with healthy lifestyle changes. Some can even be reversed. & it's not as hard as you may think. You can improve your health in a big way by making small changes in the way you eat, adding in a little more exercise, & losing even a modest amount of weight.

3. Be smart about the types of carbohydrates you eat. If you are diabetic, you must know that carbohydrates have a big impact on your blood sugar levels—more so than fats & proteins—but you don't have to avoid them.

4. Stick with whole wheat. Whole wheat is actually better for you. It offers more fiber, which helps reduce the risk of heart disease, stroke, cancer, diverticulosis, diabetes to name a few.

5. Reaching & maintaining a healthier weight contributes to your overall health & well being. Losing even a few pounds or preventing further weight gain has health benefits.

6. Sharpen the mind. Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, & fish & nuts packed with omega3- fatty acids can improve focus & decrease their risk of Alzheimer's disease.

7. Metabolism. Every year over the age of forty, our metabolism slows. This means that even if you continue to eat the same amount as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active. Consult your doctor to decide if you should cut back on calories.

8. Don't forget dairy. Your bones still need calcium to stay strong. Dairy foods & some dairy alternatives, such as enriched soymilk, provide protein as well as calcium.

