

Making Healthy Food Choices

“Sugar is a type of bodily fuel, yes, but your body runs about as well on it as a car would.” ~V.L. Allineare

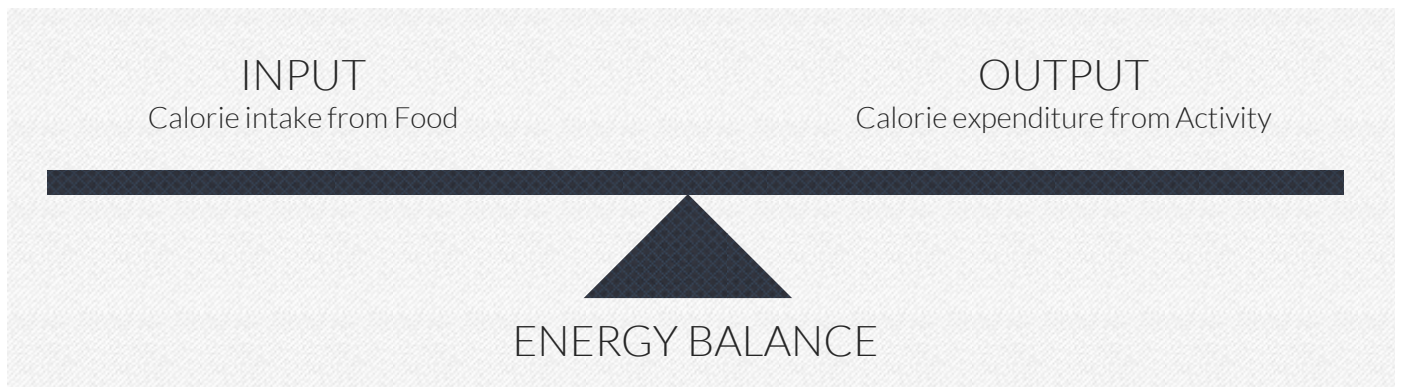


Good nutrition is the best way to maintain a healthy weight and keep your body and mind well. Making healthy food choices daily is a difficult, but necessary task if you are to stay well.

Basic Nutrition: How Calories Work

Calories are a unit of energy. Our body needs fuel for energy, so we eat food which contains calories. The basic requirements of our body are water, carbohydrates, protein, and fat. These nutrients provide energy in the form of calories.

Our bodies are constantly burning calories as we go about our day in order to function. You can manage your weight by balancing the energy you take in from consuming food (calories) and the energy your body burns throughout the day (activity).



Calorie Intake from Food *Equals* Calorie Expenditure from Activity = MAINTAIN WEIGHT

Calorie Intake from Food *More Than* Calorie Expenditure from Activity = GAIN WEIGHT

Calorie Intake from Food *Less Than* Calorie Expenditure from Activity = LOSE WEIGHT

Making Healthy Food Choices

Basic Nutrition: Living Food vs. Dead Food

While it is important for weight control to maintain energy balance, it's even more important to understand that not all calories are created equal! For optimal health, we need to eat more "living" foods and stay away from "dead" foods.

Living foods include fruit, vegetables, nuts, and seeds. Living foods are harvested. Dead foods are the opposite.



They contain man-made stuff like glucose, fructose, dextrose, preservatives, and additives. Dead foods are not harvested; they're processed. Remember: less dead foods and more living foods!

Think Prevention – You Can Do It!

By maintaining a healthy energy balance and eating living, nutritious foods, you can take charge of your personal health and wellness and live life to the fullest!

Eat FEWER Calories from these Foods:

- Refined Sugar
- Soft Drinks
- Refined Grains
- Fats and Oils
- Red Meats
- Dairy and Eggs
- Bad Nuts and Seeds
- Fried Vegetables (French Fries)
- Fruit Juice (That has high sugar content)
- Excessive Salt

Eat MORE Calories from these Foods:

- Vegetables
- Fruits
- Whole Grains
- Good Nuts and Seeds
- Fats and Oils
- Dairy and Eggs
- Fish, Poultry and Lean Meat
- Water