

## 5 Ingredients for healthy diet

**How do you choose the foods you eat?** A good place to start is with these five characteristics of a healthy diet from nutrition experts Frances Sizer M.C., and Eleanor Whitey, Ph.D., authors of the book, *Nutrition Concepts and Controversies*.

**Adequacy:** Be sure your diet provides enough vitamins, minerals, and other nutrients to replace those you use up each day.

**Balance:** Don't fill up on foods that are rich in some nutrients and ignore others that are equally important. Extra iron, for example, won't make up for too little calcium.

**Calorie control:** Take in no more calories than you use. Those you don't burn get stored as fat, which can lead to obesity and other health problems.

**Moderation:** Limit certain foods—like those containing fat, cholesterol, and sugar. Sizer and Whitney say, "Some people take this to mean that they must never indulge in a delicious beefsteak or a hot-fudge sundae—but they are misinformed—moderation, not total abstinence, is the key."

**Variety:** Eat a lot of different foods. You'll not only get all the nutrients you need, but you will also enjoy mealtimes more. Furthermore, many foods contain small amounts of toxins and contaminants your body doesn't

notice unless you eat them a lot. Wait a few days before repeating a food to reduce the chances of any danger.

### **Picture your plate.**

To show you at a glance how a healthy arrangement of food actually looks on your plate, nutritionists at the American Institute for Cancer Research created an eating plan called *The New American Plate*.

Vegetables, fruits, whole grains and beans cover two thirds or more of this plate. That's because a diet based mostly on plant foods lowers your risk of many diseases.

Be sure to include hearty helpings of different vegetables and fruits. Don't fill all that space with pasta and whole grain bread.

Meat, fish, poultry or low-fat dairy foods cover no more than 3 ounces of meat by mixing it with vegetables, grains and beans in a stew or casserole.

### **Serving sizes simplified**

(Single serving: and size)

Raw vegetables: your fist

Cooked vegetables: palm of your hand

Pasta: one scoop of ice cream

Meat: deck of cards

Grilled fish: checkbook

Butter, margarine, peanut butter/ cream cheese: your thumb joint to tip of finger

Snacks (pretzels/chips): handful

Chopped fruit: tennis ball

Apple: baseball

Potato: computer mouse

Steamed rice: cupcake wrapper.

Small changes can make a big difference. If you want to sing a hearty "Happy Birthday" to yourself when you reach 100, get a lot of exercise and plenty of sleep, reduce your stress, don't smoke, limit alcohol, drive safely, and remember to buckle your seatbelt.

REAL FOODS  
BEAT OUT PILLS!



## Purpose of life: Be Happy. . .

Some time ago, I and a few of my friends had a discussion about Happiness and what it means to each one of us. I then did a bit of reading about HAPPINESS. I found many quotes and sayings. They are in books, on posters, in cards etc. So I invite you to think about Happiness and welcome you to these inspirational quotes about Happiness. May you find value in these quotes and sayings. ***Thank you for joining me on this journey we call life.***

\*Happiness is when what you *think*, what you *say*, and what you *do* are in harmony.

\*Thich Nhat Hanh: Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

\*Walter Hagen: You're only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way.

\*Anonymous: Happiness is a choice.

\*Helen Keller: Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.

\*Anonymous: Laugh when you can, apologize when you should, and let go of what you can't change. Life's too short to be anything...but happy.

\*Tagore: Clouds come floating into my life, no longer to carry rain or usher storm but to add color to my sunset.

\*Anonymous: Life may not be the party we hoped for, but while we are here we might as well dance.

\*Smile. Raise the corners of your mouth. Soon your smile will become genuine. The smile that begins as an effort and a pretense quickly grows to become genuine, and given time, a habit of happiness.

***\*Jonathan Huie: Smile. Today would be a wonderful day not to take life so seriously.***

***Today may end up the way you prefer and it may not.***

***Happiness is not about being a winner, it's about being gentle with life, being gentle with yourself.***

***Let life be a dance, and choose the kind of you want for today, perhaps a gentle loving dance.***

## August Quotes

\*Happiness doesn't depend on any external conditions, it is governed by our mental attitude.  
Dale Carnegie

\*Happiness depends upon ourselves.  
Aristotle

\*Life is 10 percent what happens to me and 90 percent how I react to it.  
Charles Swindoll

\*Happiness is not something ready made. It comes from your own actions.  
Dali Lama

\*Consistent happiness is found through living in a state of constant gratitude.  
J. Huie

\*The pursuit of happiness is a most ridiculous phrase: if you pursue happiness, you'll never find it.  
C.P. Snow

\*I become happy when I choose to accept and love all of life.  
J. Huie

\*Training yourself to live in the present without regretting the past or fearing the future is a recipe for a happy life.  
J. Huie

\*The word "happiness" would lose its meaning if it were not balanced by sadness.  
Carl Jung

\*Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is.  
Mary Anne Radmacher

\*The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.  
Helen Keller