

#4—FIBER IS IMPORTANT

Fiber is important as it promotes health of the digestive system, prevents constipation, and lowers cholesterol and blood sugar. Good sources of fiber are:

Whole grain cereals;

Fruits & vegetables (raw if possible);

Adding dry beans to soups, salads and stews is a good fiber supplement.

#5—MIMIMIZE HIGH SUGAR AND PROCESSED FOODS

Come on, you knew it was coming.

Minimize desserts and sweets as they tend to be high in sugar and low in nutrients;

Soda and other sugared drinks are poor beverage choices—try water or pure fruit juices instead;

Minimize the use of table sugar and syrups.



Remember, nutrition is like most things in life. If you prepare and consistently make the right choices, you will reap the rewards. Make consistently poor choices, you will have to deal with the consequences. Take comfort though, its never to late to change your habits.

NOTES:



FIVE WAYS TO EAT BETTER

**Critical Information
and Useful Tips**



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Growing Older, Eating Better

Good nutrition is important. But good nutrition is not always a priority. It is easy to justify eating poorly due to busy schedules.

However the benefits of proper nutrition should not be ignored.

Eating well can reduce the impact of diseases. A good diet reduces the risk of osteoporosis, diabetes, heart disease and certain cancers.

On the other hand, poor nutrition can be disastrous. It can prolong an illness, increase the chances that you will have to live in an institution during your lifetime, and lead to a poorer quality of life.

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OK, SO WHAT NOW?

Now that we all agree that it is very important to receive proper nutrition, what should we do about it? Below are five simple and easy to follow steps that, if used as a basic guide, will get you on your way.

#1—EAT A GOOD BREAKFAST EVERY DAY

For some people this is one of the hardest parts of their eating habits to change. Remember, breakfast is not restricted to an absolute time; breakfast is a meal that is based on relative time. The time relative to when you get up each day. You should have a good first meal of the day within 60 minutes of waking up. Suggestions for a good breakfast include:

Fruits, milk, yogurt, hot or cold cereal, low fat cheeses and instant breakfast mixes.

Mix up your choice so that you do not become bored with one selection and eventually quit altogether.

Tip—try low-fat milk and a bran flake type cereal. You will get calcium, B-complex vitamins and fiber.

2—GET ENOUGH PROTEIN

Protein is a central building block for our body. We all must make it a point to provide our bodies with enough to keep us healthy.

Rotate skinless chicken, fish and lean meats as main courses;

Have daily doses of whole grains, nuts, seeds, peas or dry beans;

Use low-fat or non-fat dairy products regularly

Eat eggs occasionally

#3 – DRINK PLENTY OF WATER

Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working. A few other thoughts on water:

You need it to regulate body temperature, digest food and prevent constipation;

Drinking coffee, tea and alcohol increases water loss;

Popsicles and fruit juices are good alternatives to plain water;

Exercise increases the need for water.



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