

MORE EATING TIPS TO AID YOU

- * Cut the food quantity in half that you put on your plate.
- * Stay away from the fast food "grease" joints - they really are harmful to your health!
- * Cut down on the sweets and junk food, and stay far away from those vending machines!
- * Fried foods are a no-no! Try baking, broiling, roasting, or other healthier alternatives. They will taste just as good without all the fat!
- * Lower the meat intake, and make sure you trim the fat before cooking!
- * White meat from chicken or turkey without the skins has less fat than other meats. Also, fish is a good choice.
- * Vegetable oil (actually any oil with partially hydrogenated oils) is not good for you. Switch to olive (refined or virgin) or canola oil.
- * Limit your use of oil and butter by using non-stick pans and using non-stick cooking spray. This cuts a lot of fat!
- * Try salads for lunch. There are a variety of fresh vegetables you can mix and mingle, even add some raisins, apples, or oranges to top it off! Beware! Don't ruin it with the wrong dressings! There is a good variety of fat-free dressings available.
- * As an added salad tip: eliminate cheese and olives from your salad, they are both high in fat.
- * Vegetables and fruits are the way to go! Eat lots of them, veggies especially! Substitute fruits for the sweet cravings - they really do taste good! (I had some pineapple yesterday that was sweeter than candy!)
- * Eat a few raw vegetables with your lunch and dinner meals.

Raw vegetables contain enzymes that help with the digestive process.

* Try combining your foods differently. Keep the starches with the starches (breads, pastas, potatoes) and the proteins with the proteins (meats, fish, legumes, dairy products). I know this suggestion is contrary to American culture, but it's much easier on your digestive system. Always mix lots of vegetables with both.

* Cut down on the processed foods (canned and prepackaged)! The fresher food is, the better it is for you!

* Cut out the mayonaise, sour cream, cream cheese, butter and cheese. Replace with nonfat yogurt, all fruit jam, or for condiments, try ketchup, mustard, worcestershire sauce or barbeque sauce.

* Add lots of water to your diet. It's recommended to drink 8 glasses of water a day. Try keeping a pitcher of cold water in the fridge and periodically drink it throughout the day.