



Tips to make smart food choices



- An optimum diet consists of fresh foods that are high in complex carbohydrates and fiber, low in fat, salt and sugar and moderate in protein
- Consume more fresh fruits, vegetables, legumes and whole grains and reduce intake of simple carbohydrates such as refined sugar, maida, and alcohol- they're high in calories and low in food value
- Reduce caffeine: Limit yourself to 1-2 cups of coffee daily anything over that could wear down your adrenal glands and stress your body causing restlessness, insomnia, and a racing heartbeat. Instead switch to green tea, lime water or buttermilk.
- Keep the consumption of oils and sweets to a minimum. Excessive intake of these foods increases cholesterol levels in the body.
- Control your salt intake. Too much salt can lead to hypertension.
- Restrict the consumption of processed food, which comprises calories, saturated fat, added sugar, refined cereal grains and artificial additives.
- Limit the consumption of aerated drinks and alcoholic beverages and increase the intake of water, juices, and soups.
- Eat in a relaxed atmosphere, eat slowly and chew your food thoroughly
- Eat smaller portion throughout the day instead of three big meals.
- Drink plenty of water and fluids. Always keep your body hydrated.
- Exercise to keep your body fit.