

## Questions to Ask Your Doctor

How many servings of fruits and vegetables do I need each day?

Can I get enough nutrients from the foods I eat, or do I need to take supplements?

Why do I need antioxidants?

Can certain foods interact negatively with medication I am taking?



guide to

# Healthy Eating

## Build Your Own Pyramid

The U.S. Department of Agriculture no longer has a “cookie-cutter” food pyramid. Now, you can customize your own plan at [www.mypyramid.gov](http://www.mypyramid.gov) by entering your age, gender and activity level. You will get a recommended daily calorie level and suggested servings of each food group. Some things don't change:

- Diets should be low in solid fats and added sugar, and high in whole grains, dark green vegetables, fruits, leaner meats and fish;
- The more activity daily, the better.

### Did you know...

Antioxidant-rich foods fight aging by slowing down damage caused by oxidation to the body's cells. When the USDA ranked some common foods by “total antioxidant capacity,” the top-scoring were red beans, wild blueberries and red kidney beans.



## Food For Thought

If you think what you eat affects just physical health, think again. Studies show that food can alter mental and emotional states:

- Protein-rich foods increase energy, concentration and alertness;
- Carbohydrates reduce anxiety;
- Fish rich in Omega-3, such as salmon, may help ease depression symptoms.

### TRUE or FALSE?

**Fruits and vegetables lose their nutrients as they age.**

**True.** The same goes for cut or peeled produce. Frozen fruit and vegetables are good alternates to fresh since they are frozen soon after picking when nutrient content is at its peak.

**Baby carrots contain more nutrients than regular ones.**

**False.** Most baby carrots are manufactured shaped slices of large mature carrots. Because most of the beta-carotene is stored in the carrot's outer layer, baby carrots have almost a quarter less beta-carotene than big ones.

## Tighten That Tummy...

A diet low in calcium and vitamin C may increase the risk of gaining dangerous stomach fat, which raises the risk of heart disease, according to a study in Public Health Nutrition. Dark, leafy greens, such as spinach, kale, turnips and collard greens, satisfy both dietary requirements.

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