

7 Ways to Live Healthier, Longer

Here are some suggestions on how to live a healthier, longer life:

1st – Eat plenty of high-fiber carbohydrates: fresh vegetables, and fruits; legumes; whole-grain breads, cereals, and pastas; and whole grains like oatmeal, quinoa, barley, and brown rice.

2nd – Restrict low-fiber carbohydrates such as mashed potatoes, white bread, and white rice.

3rd – Restrict sugar.

4th – Cook with heart-protective monounsaturated fats such as olive, canola, and peanut oils. Also include food with omega-3 fats (walnuts, fish, and flaxseed).

5th – Restrict saturated fats (animal products and tropical oils such as palm, coconut, etc.) and trans fats (hydrogenated vegetable oils).

6th – Choose low-saturated fat protein foods like fish, skinless poultry, eggs, beans, nuts, seeds, low-fat dairy, and lean cuts of red meat.

7th – Drink at least eight glasses of water a day.

Sponsored by: The Wellness Committee
The Wellness Committee welcomes your comments & suggestions.
