

LIVING A HEALTHY LIFESTYLE THROUGH PROPER DIET

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A sustainable healthy lifestyle advocacy is a very great challenge to a nutritionist-dietician. Today's illnesses and diseases among people, any age for that matter is so alarming that a healthy lifestyle truly and urgently matters. In our present situation, that there are over 4 million Filipinos living under the poverty line and of course suffering from hunger and malnutrition and on the other side those with higher spendable income are more prone to be afflicted by lifestyle triggered diseases like obesity, diabetes, heart ailments, kidney disorders as a result of careless and disproportionate food intake. Creating awareness among people on the importance of good health and wellness through the proper choice of food and eating in moderation is really a challenging and significant role for us to do. *"Prevention is better than treatment."*

Here is a good healthy diet prescription to follow...

- Eat a variety of food everyday
- Distribute total carbohydrates evenly during the day among meals and snack.
- Have three (3) moderate but balanced meals per day. Nuts, fresh fruits and vegetables, high fiber make good snacks.
- Prepare without salt. Limit to ≤ 2300 mg Na/day. At the same time, consume potassium rich foods.
- Drink only 5 oz of wine a day and always with foods. At least two (2) days a week should be alcohol free.
- Use oils rich in monounsaturated fatty acids and omega-3 fatty acids.
- Drink at least 8-10 glasses of water a day, especially when fiber is high. Water suppresses the appetite naturally and helps metabolized stored fats.