

## **‘NUTRITIONAL TIPS’**

### **GENERAL GUIDELINES**

We seldom write really short, almost abbreviated articles on any primary subject. I have read years of articles related to ‘Life & Golf’ and few, that contain really good information, are short.

Here is one on **‘Healthy Eating & Nutritional Behaviour’**.

‘Mother Nature’ can look after you very well indeed if you simply enable her to do so.

- Enjoy a variety of foods
- Eat a lot of fresh fruits and vegetables (raw whenever possible)
- Emphasize cereals, breads and other grain products. Roughage is key!
- Choose lower fat dairy products
- Eat leaner meats (focus on fish and fowl)
- Use little of no fat in your cooking
- Avoid margarine as it is dangerous to your health
- Avoid sugar replacements as they are dangerous to your health
- Eat regularly and not too much at each sitting.
- Exercise regularly ... that means a little twice daily. Take the stairs instead of the elevator. Walk to the corner store rather than starting the car. Take your spouse along! (‘Marriage Health’)
- Achieve and maintain a healthy body weight.
- Drink lots of fresh clear fluids (less soft drinks and sports drinks)
- Limit ...
  - Salt
  - Sugar
  - Alcohol
  - Caffeine
  - Smoking (stop if you can!)

Finally, take actions every day to reduce your ‘Stress’! It can absolutely kill you!

**“Welcome Aboard!”**

**“Enjoy The Ride!”**

### **PERFORMANCE EXCELLENCE**

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