

‘NUTRITIONAL TIPS’

GOOD GUIDELINES

Health and nutrition experts agree on at least a few things. One is that we are better off eating four or five very small meals daily rather than three big ones. These are seven core items that merit our attention.

- 1) Eat a variety of foods to get your energy or calories, protein, vitamins, minerals and fiber. Natural foods are far better than those that have been grown with chemicals. Avoid artificial sweeteners, preservatives and nutrition that contain chemicals. Read labels. If you see too many big words, don't eat it!
- 2) Maintain a healthy weight to reduce your chances of developing high-blood pressure, hypertension, heart disease, stroke, cancer and diabetes. We are what we eat!
- 3) Develop a diet that is low in fat. Fat contains about twice the calories of carbohydrates and protein. This in mind, don't get caught up in the 'Cholesterol Myth'. Eating a balanced amount of natural fats as contained in real butter is far better than margarine.
- 4) Build a diet with plenty of raw fresh vegetables and roughage. Add fruits and grain products. They provide key vitamins, minerals, fiber and complex carbohydrates. These are low in fat.
- 5) Avoid white or bleached or chlorinated sugar. This form of sugar provides 'Hollow Calories' that are readily harmful. There are lots of negatives in processed sugar.
- 6) Use salt and other sodium derivatives in moderation. Excess contributes to high blood pressure and hypertension.
- 7) If you drink coffee and other caffeine products, do so in moderation. If you indulge in alcoholic beverages, strive to minimize it. You can always pretend the drink you mixed has alcohol in it by adding half an ounce of cola to tonic. Straight booze and mixed drinks are full of 'Hollow Calories'.

We are what we eat!

“Welcome Aboard!”
“Enjoy The Ride!”

SATISFACTION GUARANTEED

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