

‘NUTRITIONAL TIPS’

TAKE CONTROL

The American Institute on Cancer Research says more than three in five Americans worry about pesticides causing cancer, but barely two in five know that not eating enough fruits and vegetables is also a cancer risk.

In a survey of more than 1,000 people, the AICR found that people worry more about things they cannot change – additives and pesticides – than the things they *can* control to make a difference in their health. Only about two in five people believe that diets high in fat can raise their cancer risk and not even half are aware of links between obesity and various forms of cancer.

What you eat – combined with regular physical activity – makes a real difference in your health. Everyone can take steps to decrease their health risks, starting with a few everyday behavior changes:

- Increase your daily intake of fruits, nuts, vegetables and fresh water
- Limit the amount of fat and sweets that you eat
- Strive for at least 30 minutes of physical activity 7 days of the week
- Choose whole grain bread, cereal and pasta
- Reduce you intake of soft drinks and bleached or white sugar
- Use NO artificial sweeteners

All of this is possible while still enjoying your favorite foods! Contact a dietetics professional for help in creating an individualized eating plan that is right for you. Take control of **‘YOUR’** diet and **‘YOUR’** health.

Think about this for a moment! If you are on your death bed and could buy just another year of healthy life to be shared with your loved ones, would you summon your personal accountant to bring the money? If the answer is ‘YES’ you had better ‘Take Action Now’ as you will NOT get that opportunity in the ‘Eleventh Hour’!

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