

You are what you eat

Food is not something you just put in your tummy because it is hungry. Food sustains our bodies and is the very foundation on which a healthy, active, energetic and youthful life is built upon. Like super premium gasoline for your car, the right kinds of food in the right combinations and quantities will keep you fighting fit and in the center of the ring rather than on the floor or on the ropes

So, what should be on your plate

1. Grains and Carbohydrates

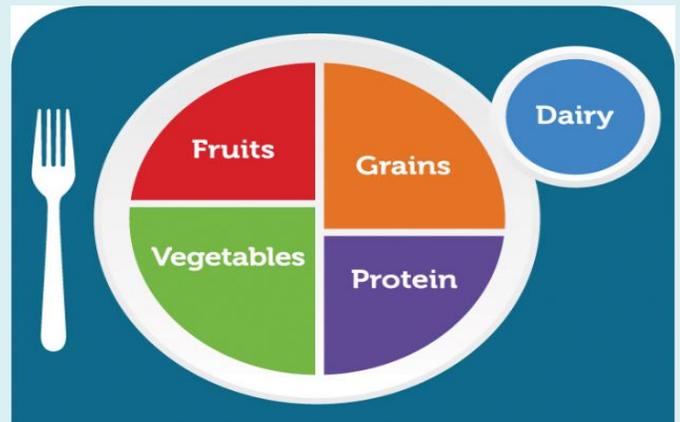


Carbohydrates are the body's main source of energy, nutrients and fibre. Healthy sources of carbohydrates, such as higher fibre starchy foods, vegetables, fruit and legumes, are also an important source of nutrients, such as calcium, iron and B vitamins. Replacing carbohydrates with fats and higher fat sources of protein could increase your intake of saturated fat, which can raise the amount of cholesterol in your blood – a risk factor for heart disease. Try to limit the amount of sugary foods you eat and instead include healthier sources of carbohydrate in your diet, such as wholegrains, potatoes, vegetables, fruit, and legumes. One fourth of your plate should consist of Grains/Carbs - NHS

3. Protein

Your body uses protein (amino acids) to build and repair tissues such as muscles, skin, blood, bones/cartilage and to make hormones and enzymes. They can also be used as an energy source. Protein participates in practically every process of our bodies and cannot be stored to be used later. So, we need to eat protein every day. For those of us who are vegetarians, we need to eat a variety of plant-based proteins to meet our daily requirement

¼ of your plate must consist of protein



Inspired by Yoda

“Poor food choice is the dark path to sickness. Sickness leads to a wasted life, lost opportunities and regret. A life of regret leads to anger, resentment and great suffering.”

2. Vegetables and Fruits



On average you need to eat a minimum of 5 servings a day of fruit and vegetables to stay healthy and strong. That is 3 servings of vegetables and 2 servings of fruit. One “serving” is a half-cup of any vegetables or fruits, or a whole cup of salad greens. Fruits and veggies give you the same wonderful vitamins, minerals and fiber with, vegetables being slightly lower in calories and sugar, which is why the guidelines generally recommend slightly higher consumption levels for vegetables. Approximately HALF your plate should consist of this category. High consumption of this food category will give you a healthy immune system and protect you from cancer, cardiovascular and respiratory disease.



HEALTH IS THE GREATEST GIFT - BUDDHA

4. So, What about Dairy or Milk products?

Dairy is an important source of Calcium, Prosperous, Potassium, vitamins D, B and A as well as other minerals and protein. All necessary to building strong and healthy bones/teeth. A critical need during childhood, adolescence and pregnancy.

The amount of dairy you need depends on age, sex, and how active etc.

As per USDA an adult should consume 3 servings and a child 2-2.5 servings depending on age.

What is a serving?

1 cup of milk/yogurt

1 ½ ounces of cheese

For those of us who do not consume milk there are other ways to get enough Calcium and beneficial vitamins and minerals. You can achieve this by consuming dark green leafy vegetables, sesame, fish (especially canned) and other fortified foods such as cereal and beverages.

Spices and herbs supercharge our food. Some are amazing catalysts. Some negate the bad effects of our favorite foods.

Many spices and herbs are nature's medicines. Read, learn and incorporate these wonders into your daily diet.

They taste good too.

Simple rules to follow

1. Eat like our grandparents
2. Fix your meals at home
3. Keep things simple. Throw in too much complexity and the mind will simply reject things
4. Moderation is key. The middle path yields better results
5. There is "too much of a good thing."
6. The closer your food is to the source, the healthier and better it is for you. A baked potato is infinitely superior to French fries
7. You don't need to measure always. Estimate. Or better still use common sense.
8. Control your portion size. Eat what you need. Not what you want.
9. Look in the mirror. It will never lie about how good your diet is.
10. Variety is key
11. Do not chase taste. Chase the rainbow. A colourful plate is a gift of life.
12. Follow the dictum, If it tastes good spit it out
13. Stop eating when you are 75% full
14. If you habitually snack late, invite the Grim reaper to the party
15. Who said alcohol is beneficial?
16. Every food group has a role to play in the health of our bodies.
17. Explore local produce. Eat what is in season.
18. Junk food is not food. It is junk.
19. Drink water when you are thirsty