



## EATING RIGHT ISN'T COMPLICATED

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Minimize saturated fats, trans fats, salt (sodium) and added sugars.

### MAKE YOUR CALORIES COUNT

Think nutrient-rich rather than “good” or “bad” foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

### FOCUS ON VARIETY

Over time, high blood glucose leads to problems such as heart disease, at a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Eat more dark green vegetables such as leafy greens and broccoli and orange vegetables including carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.

### KNOW YOUR FATS

To help reduce your risk of heart disease, look for foods low in saturated fat and trans fat. Most of the fats you eat should be monounsaturated and polyunsaturated oils. Check the Nutrition Facts label on food packaging.

Source: [www.eatright.org](http://www.eatright.org)

## 15 “HEALTH FOODS” THAT ARE REALLY JUNK FOODS IN DISGUISE

- Processed “low-Fat” and “Fat-Free” Foods.
- Most Commercial Salad Dressings.
- Fruit Juices... Which Are Basically Just Liquid Sugar.
- “Heart Healthy” Whole Wheat.
- Cholesterol Lowering Phytosterols.
- Margarine.
- Sport Drinks.
- Low-Carb Junk Foods.
- Agave Nectar.
- Vegan Junk Foods.
- Brown Rice Syrup.
- Processed Organic Foods.
- Vegetable Oils.
- Gluten-Free Junk Foods.
- Most Processed Breakfast Cereals.

Please click [here](#) to see details.

Source: [www.jmaxfitness.com](http://www.jmaxfitness.com)



## Zingy Zucchini Noodles with **CREAMY AVOCADO PESTO**

Prep Time	Total Time	Servings
10 mins	25 minutes	2

Did you know avocado is a fruit? This amazing fruit has so much to offer. It's packed with cholesterol-lowering healthy fats, vitamin E and potassium; it adds a cream, silky texture to foods and is just plain delicious.

### INGREDIENTS

- 2 small ripe avocados
- 1 cup fresh flat leaf parsley
- 3 tablespoons avocado oil
- 3 tablespoons pine nuts
- Juice of 1 organic lemon
- 1/2 teaspoon crushed red pepper flakes
- Salt and pepper to taste
- 2 large organic zucchini

### PREPARATION

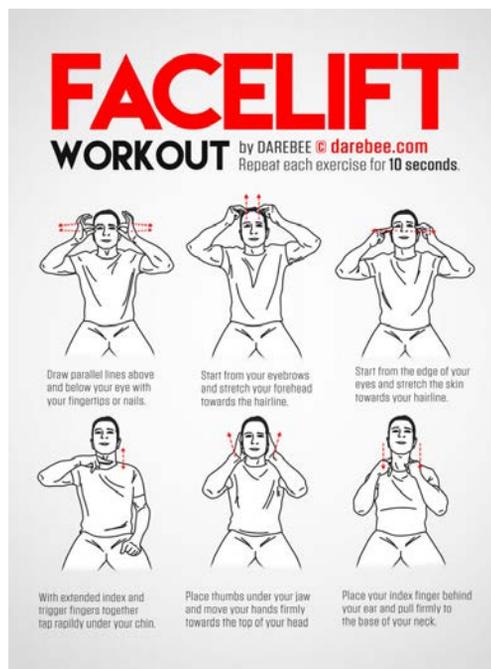
1. Spiralize the zucchinis and then set aside.
2. In a food processor or blender, add avocados, parsley, pine nuts, lemon, red pepper flakes, salt and pepper. Blend on high for 2 to 3 minutes until creamy, then slowly drizzle in the avocado oil while it continues to blend and emulsify.
3. Heat a large skillet over medium heat. Once the pan is hot, add the zucchini noodles to the pan, tossing them for around 5 minutes. Add 1/4 cup of the pesto sauce to the pan. Using tongs, coat the zucchini noodles thoroughly.
4. Serve immediately, garnishing with microgreens or parsley.

Source: [www.recipes.mercola.com](http://www.recipes.mercola.com)

## OFFICE WORKOUTS

Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability.



Source: [www.darebee.com](http://www.darebee.com)