

Good Nutrition is More than an Ounce of Prevention

Consider these facts and how they may affect:

You

In the United States, the top three causes of death (Heart Disease, Cancer and Cerebrovascular Disease (Stroke)) have strong links to nutrition. Diabetes, the sixth leading cause of death, can often be triggered by lifestyle and eating choices.

Your children

1 out of 3 children born in the year 2000 will develop diabetes if they adopt the nation's inactive and overeating lifestyle

The good news is that diet and lifestyle choices can significantly lower your risk for developing diseases, specifically heart disease, cancer, stroke and diabetes. In fact, even small and simple changes to the types of foods you eat can have a major impact on your health and the health of everyone in your family. Below are a few nutrition tips for reducing your risk of these conditions, all of which the Nurture program incorporates:

CHOOSE WHOLE GRAINS. Whole grains, rich in vitamins and minerals, have been shown to lower risk for stroke, diabetes, heart disease and certain cancers. They are also more filling than refined grains, helping reduce hunger between meals.

FIND MORE FIBER. Most Americans do not eat the recommended amount of fiber per day, which is about 25 g for women and 38 g for men. Like whole grains, fiber has been shown to lower risk for heart disease, cancer, stroke and diabetes. Kids need fiber, too, both for overall health and maintaining regularity.

CHOOSE OILS OVER HARD FATS, LIKE LARD OR BUTTER. Fats that are solid at room temperature (lard, butter, margarine) contain high levels of saturated fat and trans fat, both of which increase your likelihood of getting heart disease or having a stroke. Oils (canola oil, olive oil, vegetable oil) can be used in place of hard fats and do not increase your risk for disease.

EAT MORE VEGETABLES AND FRUITS. Eating more vegetables and fruits lowers risk for cancer, heart disease, stroke and diabetes, plus they boost the immune system to keep you and your family healthy all year long. Eating a variety of vegetables and fruit is best.....think of eating the rainbow when it comes to making your choices.