

# Life Balance INITIATIVE

A PUBLICATION OF GRAND TRAVERSE AREA CATHOLIC SCHOOLS

MNSAA SCHOOLS OF DISTINCTION 08



Thank you to our corporate sponsors of Life Balance Initiative



Jim & Kathy Bussell



NORTHERN MICHIGAN'S FINEST FLAVORS  
Hand Crafted Since 1945



*If you are interested in a sponsorship opportunity, please contact Wayne Mueller at 995-8428.*

*April 2011*

*Over the next several months each of our great LBI sponsors will have an opportunity to write an article in their area of expertise as it relates to health and wellness. Our article this month is sponsored by Dr. Ann Kuenker who practices at both the Vein Center 935-2844 and Elk Rapids Skin and Laser Clinic 264-0700.*

## **A Few Tips for Healthy Eating**

A healthy weight is not just a “number” on a chart or scale, but rather a state your body is in when you look and feel your best, and more importantly, where you help your body age in a more healthy state. Your body accommodates many bad habits up to a certain point, and then..... the joints ache more, it’s harder to catch your breath, your cholesterol levels creep up along with your blood sugar, and the list goes on.....

### ***You are what you eat -***

**Protein** - Make sure you get enough good quality protein in your diet. We should eat about half of our lean body weight in grams of protein daily. If you weigh 150 lbs, that means 75 grams or so. Eating regular meals with protein at each meal is important. Sources of proteins include:

lean animal meats, eggs, low fat dairy products, soy (tofu, edamame), nuts, tuna and other fish, grains high in protein such as quinoa, and protein drinks.

**Carbohydrates** – Concentrate on whole grains in your cereals, breads, and pasta. Always choose fresh foods over packaged, processed food. Choose fruits and vegetables over “sweets.” Avoid “white” things – white sugar, white flour, white rice, etc.

**Fats** – Don’t neglect fats, but choose wisely. Fats are necessary for your body. Fish oil, flax seed, walnuts, are all good sources of omega 3 fatty acids. Olive oil, canola oil, and even the fat in egg yolks have many beneficial effects. Avoid a lot of saturated fat, usually found in animal meats – so watch the butter, cheese, and trim fat from meat. Avoid trans-fats – read food labels – these are hydrogenated/partially hydrogenated oils. Even though trans-fat may be listed as zero on the label per serving, as the new labeling law is written, it can still be in the product. Trans-fats are particularly harmful to your cells and stay in your body a long time.

**Three easy things to remember when choosing food:**

Eat foods as close to their natural state as possible (fresh), eat foods with color (lots of veggies and fruits), eat foods that spoil, but eat them before they do (i.e., avoid packaged/processed foods).

Make sure along with your healthy eating you drink 2 quarts of water daily, get 7-9 hours of sleep every night, and exercise in whatever capacity you are able.

Remember - it ONLY takes 21 days to create a new habit! Best of health!

***Have a safe and enjoyable spring break!***