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A Healthy Year - Eleven Attainable Nutrition Tips for 2011

By Darci Steiner

#11 - For best health results fuel your car and not your body from stores with the number eleven in their name.

#10 - Cut 10 teaspoons of sugar from your diet everyday by eliminating one can of soda. Americans consume an average of 170 lbs. (16,320 teaspoons) of sugar per year. There are about 96 teaspoons in a pound of sugar. By eliminating 1 can of soda per day you'll consume 3,650 less teaspoons, or 38 pounds of sugar per year.

#9 - Eat 7-9 servings of fruits/veggies per day. Shoot for 9 and you may get 7. Don't forget to vary the colors - they all have different nutrients your body needs.

#8 - "It's too late to eat after eight." Help control your weight by not eating when your metabolism slows for the night.

#7 - The average person falls asleep in 7 minutes. If your cortisol levels are high (stress hormones) and it takes you more like 70 minutes, try some deep breathing. First blow all of the air out of your lungs then take a deep breath in and hold it for 7 seconds. Let it out slowly for the count of 7. Try this a few times and see if it helps.

#6 - "Dinner's at 6 pm!" Eat as a family as much as possible. Studies show that families who eat together are happier and are less likely to be overweight than those who take the "you're on your own" approach.

#5 - Read food labels and look for fat content to be 5% or less. The numbers you find on a label are based off a 2,000 calorie diet. If you require fewer calories don't forget to adjust the numbers on the label or you will be consuming too much.

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#4 - Drink more water 4 more brain power! Your brain is 77-78% water! Studies have shown subjects who simply drank a glass of water before test taking significantly helped to improve their test scores. Okay, so try to solve the following riddle – if you get stuck, you know what to do!

Riddle: Show how one-half of five is four! (Answer at end of article – don't peek yet!)

#3 - Increase your omega-3 fatty acid intake by consuming more fish and flaxseeds for a healthier heart and more brain power.

#2 - Don't forget 2 eat a healthy breakfast with some protein to decrease sugar cravings throughout the day.

#1 - There is only one of you – be your own #1 health advocate. What do you need to do to take better care of yourself this year? You can attain it, reach for it!

For more natural health and nutrition tips visit www.attainablenutrition.com to subscribe to free ChEw oN ThiS e-Newsletter.

Riddle Answer: Take off the first and last letters of the number five and you have the Roman numeral for 4. The Roman numeral for four is IV, whose letters are one-half of the four letters in the spelled-out word "five".

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