Nutrition Nibbles

Disease Free
.....It's a Lifestyle

A healthful eating pattern and lifestyle are your best approaches for staying healthy and preventing disease, or at least slowing its onset. Most health problems don't start with a single event in your life. Instead, they're a combination of factors. Some you can't control, like family history, gender, and age; but many you can.

Eating For Your Heart
Heart disease describes several health problems that relate to the heart and blood vessels. The most known are heart attacks and stokes but high blood pressure also falls in this category. Follow these suggestions to stop or at least limit your chances of having heart disease.

- *Achieve an overall "healthy" eating plan.*
- *Achieve and maintain a healthy weight.*
- *Achieve a desirable cholesterol level.*
- *Achieve a desirable blood pressure level.*
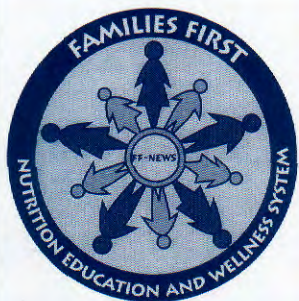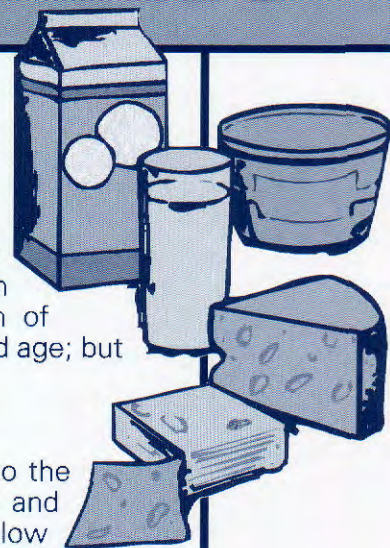
Reducing Your Cancer Risk
After heart disease, cancer is the second leading cause of illness and death in the U.S. However, almost half of all cancer deaths can be prevented with early detection and treatment. Since some risk factors are controllable, the best prevention is to keep cancer from starting in the first place. Among the risk factors within your control: tobacco use, dietary intake and exposure to sunlight. Also.....

- *Eat plenty vegetables, fruits, beans, and whole grains.*
- *Limit fat and salt.*
- *Limit consumption of alcoholic beverages, if you drink at all.*
- *Be physically active.*

Staying Ahead of Diabetes
Diabetes has become an epidemic, affecting about 17 million Americans. Yet about 6 million of them – maybe someone in your family- don't know they have it. Early detection is key and can help you manage the disease for a greater quality of life. To decrease your chances of having this disease, incorporate these steps into your daily lifestyle.

- *Control your weight.*
- *Follow the dietary guidelines.*
- *Get Moving.*

"Linking Citizens of Louisiana with Opportunities for Success"