Another Look at Healthy Eating

It's a new year, and another chance to improve our eating habits! This is really good news, because good food is one of life's pleasures. And we will have many chances, daily chances, to refine these pleasures.

As we know, having a wide variety of choices in what we eat can be both a blessing and a challenge. But, according to some experts, even though there are an amazing number of things to be thinking about when making food choices, there are some shortcuts that make sense. A lot of people are working hard at making this easier for us.

Here are a few tips to spark your interest:

- Consider how a combination of good eating habits and an adequate physical activity level can improve your life span, and your mood. You may not only live longer but enjoy it more. Why not walk in place while you read those food labels while food shopping?

- We need to practice building a healthy base of daily foods. Plan meals using a variety of whole grains, fruits and vegetables. Try a taste of something new.

- Be aware of serving size. It's very easy to eat more than a "serving" especially when eating outside the home.

- Chose and prepare foods with less salt and added sugars. And don't forget about the other words for sugar like dextrose, maltodextrin, high fructose corn syrup, and others.

We are always learning more about food and good food combinations. When you are trying new things, be mindful about how you are feeling throughout the day. What feels good and what doesn't. Sometimes the simplest changes can produce the most amazing results.

At your next visit to your health care provider, be prepared to talk about your different food choices. You may want to ask for advice. Or you may want to celebrate a drop in your blood pressure reading. It's all possible.