

# Healthy Eating

Eat Better ~ Move More ~ Be Tobacco Free

## 7 Foods to Keep You Young

For years scientists have been trekking the globe in search of communities of people rumored to live unusually long and healthy lives, trying to pinpoint their age-defying secrets. In the last few decades, they've come up with a handful of promising candidates. For example, research suggests that olive oil has helped the Greeks beat heart disease. For native Inuits of Alaska, diets containing extraordinary amounts of fish provide cardiovascular protection. The secret of longevity on the San Blas islands, off the coast of Panama, may be the most unexpected—and welcome—of all: chocolate, which happily turns out to be a rich source of compounds that help keep blood vessels healthy.



### Helpful Hints...

- Order food to go
- Avoid buffets
- Stick to the light menu
- Make careful menu selections
- Don't be afraid to special order
- Watch portion size
- Share
- Order sauce and dressing on the side

### 7 Foods to Keep You Young

1. Olive Oil
2. Nuts
3. Wine
4. Blueberries
5. Yogurt
6. Fish
7. Chocolate

### Dr. Oz's Food Hall of Shame

- Sugar
- High fructose corn syrup
- Saturated fat
- Hydrogenated oil
- Enriched wheat flour (white flour)



## BMI Calculator

### Understanding Your BMI

BMI stands for Body Mass Index. It is a calculation based on a person's height and weight. The result indicates whether a person is underweight, normal, overweight or obese. Go to website below to Understand Your BMI and to find out more.

<http://health.msn.com/dietfitness/bmicalculator.aspx>