

CONSUMER TIPS



Double T. investments

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DISEASE PREVENTION

Physical Activity and a balanced diet can help prevent many chronic diseases and conditions, including obesity, type 2 diabetes, hypertension, heart disease, stroke, and some cancers.

It's a fairly simple concept. If you take care of yourself now, you won't have to worry as much about being taken care of when you are older. A healthy lifestyle is the ultimate prevention against chronic diseases including diabetes, heart disease, and cancer. 7 out of 10 deaths in the United States are caused by chronic diseases.

A healthy lifestyle doesn't require an expensive prescription or heavy medical bills. All it requires is commitment. Re-dedicate yourself to a healthy life today and wake up daily refusing to allow chronic diseases to be a part of your future.

The following are basic guidelines designed to lower overall health risk.

EAT A HIGH FIBER DIET- aim for 25-35 grams of fiber each day.

- Fiber-rich foods include oats, beans, lentils, whole grains, and fruits and vegetables.
- Choose breads and cereals that have more than 3 grams of fiber per serving.
- In the ingredients, look for the word "whole" in front of the product grain.

CHOOSE MORE HEALTH FATS- unsaturated fats from natural sources, including omega-3 fats

- Unsaturated fats are found in nuts, butters, seeds, avocados, vegetable oils, fish and plants
- Walnuts, flaxseed-oil, salmon, tuna, mackerel and sardines- excellent sources omega-3 fats
- Use olive oil spray when cooking fatty-fish, such as salmon and tuna, at least twice a week.

LIMIT SATURATED FAT- less than 10% of daily calories should come from saturated fats

- Saturated fats are found mainly in animal products (meat, dairy, eggs) coconut oil & Palm oil
- Select low fat meat cuts and limit portion size to about 3 oz pr meal.
- Choose low fat dairy products, 1% or skim milk, and limit cholesterol intake to <200mg/day

AVOID TRANS FAT – trans fat is harmful and should be avoided as much as possible

- Trans fat is found in fried foods and many commercial foods such as cakes, pies, crackers & dips
- Avoid food products that contain “partially hydrogenated” or “hydrogenated” oil

LIMIT HIGH SODIUM FOODS – Consume no more than 2,300mg of sodium (salt) per day

- Processed and restaurant foods contribute 75% of sodium eaten, while 25% comes from salt added to meals.
- Daily Values that’s 5% or less are considered “low” and 20% + are that to be “high” for a food.

BE ACTIVE DAILY – 30 minutes of moderate-intensity physical activity on 5 or more days a week.

- Find activities at, work, school or gym that’s enjoyable, so you’ll be more likely to do them.
- make physical activity a part of daily living, take the stairs vs the elevators and park further away

Consumer Educational Materials;
DOUBLE T. INVESTMENTS

