

Total Nutrition

Five Shortcuts To A Healthy Body And Mind

by *Mindy Hermann, R.D.*

(NAPSA)—When I attended the American Dietetic Association's Food and Nutrition Conference, I was struck by the number of foods and products that were linked to better health for baby boomers. The oldest boomers



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have just crossed the 60-year line and the rest of us are not far behind. Certainly, better health and vitality are priorities as we keep up our active lives. These five shortcuts struck me as being particularly important.

1. Healthy fats. Omega-3 fatty acids are essential for good health, and the body uses one type of omega-3, alpha-linolenic acid, to manufacture hormonelike compounds and other important fats. Top sources of omega-3 fatty acids are higher-fat fish such as salmon and trout, flaxseeds, canola oil and walnuts. New Total® Cranberry Crunch and Total® Honey Clusters, which include omega-3 fatty acids from flax, are another tasty source.

2. Nuts. Do you remember when nuts were a diet no-no? Times have changed as researchers learn more about the health benefits of eating nuts. In addition to their healthy fats, nuts have phytochemicals and antioxidants that may boost brain health. Nuts are also an important part of a heart-healthy diet.

3. Berries. Berries are tops for natural antioxidants, according to tests that measure the antioxidant content of different fruits and vegetables. When you enjoy your bowl of cereal with blueberries, strawberries, raspberries or dried cranberries, you're providing your body with an antioxidant boost that may help keep the entire body in good working order. You can also eat them at other times of the day besides breakfast.

4. Foods rich in vitamin E. Vitamin E is an antioxidant vitamin that helps protect nerves and brain tissues from damage. It also helps the nervous system function properly. Vegetable oils, nuts, green leafy vegetables, and fortified cereals such as Total® are rich in this vital nutrient.

5. Daily physical activity. In addition to its best-known benefits—better fitness, heart health, calorie burning—daily physical activity does so much more. Researchers found that adults who increased their level of daily physical activity also reported higher quality-of-life scores. For an extra push, get a pedometer, count your steps in an average day and try to push the number up by 1,000 steps toward a final goal of 10,000 steps daily.

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Note to Editors: This is Series VII—1 of 26.