

As our lives become increasingly hectic and stressful, it is ever more important to make educated dietary choices. While diet trends come and go, specialists maintain that eating well and exercising is the smartest diet to choose.

The UK population is getting heavier and less healthy. We spend less time in activity than in front of computer screens and TV sets. The government is becoming increasingly concerned about the trend toward a fatter UK because of all the correlating health problems linked to obesity.

These used to be considered to be adult diseases, but they are now affecting people in their teens. These include amongst others:- diabetes, high blood pressure, and heart disease.



To conclude this matter: the health benefits of a diet rich in vegetables and fruits speaks for itself, lower blood pressure and blood sugar; reduced risk of stroke, heart disease and some cancers alongside increased energy and self-esteem...

If these issues affect you, if you would like further information or support please contact us.

...the Lord your God; He shall bless your bread and water, and... will take sickness from your midst...

Exodus 23:25.

The answer is, if you eat or drink, or if you do anything, do it all for the glory of God.

1 Corinthians 10:31.

...You are what you eat...



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**...You are
what you
eat...**



this is as true now as
it has ever been.
We are constantly
learning more about
the positive impact
that making smart
decisions on what we
eat has on our
health.

So what can you do and what should you eat? Confused by the health scares, news reports and studies on diet and health?



Don't be! Once all the evidence is examined - the best advice on what to eat is fairly simple:

Eat a plant-based diet rich in whole grains, fruits and vegetables. Choose healthy fats, like olive oil; and avoid, or use sparingly red meat. Avoid saturated, trans and hydrogenated fats often found in red meat, margarines, butter, hard cheese and ice cream which can both disrupt hormone balance and cause weight gain.

Note It is important to avoid weight gain, particularly around the stomach area, this makes exercise a significant partner to a healthy diet.



Handy Tips for Eating Well

Choose good carbohydrates, whole grains are your best bet. Brown rice, quinoa, buckwheat, oats, rye are good choices.

Avoid all refined carbohydrates, sweets and confectionary which disrupt blood sugar balance and contribute to hyperactivity, mood swings, poor concentration, weight gain and energy dips.



Protein is important for the healthy development of body tissue, immunity, brain function and bone health. Beans, pulses, nuts, seeds and tofu are all good choices.



Choose healthy fats from monounsaturated plant oils such as olive oil and nuts.

The omega-3 and omega-6 fatty acids found in nuts, seeds and oily fish are vital for brain function, IQ, memory, concentration, healthy skin, hair, nails, hormone balance and weight management.

Choose a fibre-filled diet, rich in whole grains, vegetables, and fruits Fibre is essential for the development of a healthy digestive system and for blood sugar balance. Good sources include oats, oat bran, lentils, pulses, brown rice, fruits and vegetables.

Eat more vegetables and fruits. Go for a variety of colours, dark green, red, orange and yellow.



Calcium is important. But milk isn't the only, or even best, source.



Drink water frequently throughout the day, avoiding meal times.

Avoid caffeine, sugar laden soft drinks and fruit juices, fizzy drinks, milkshakes... these can play a part in poor bone formation, tooth decay, hyperactivity, headaches, energy dips and poor concentration.

Avoid artificial sweeteners