

FOREVER ACTIVE

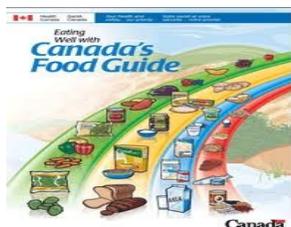
PERSONALIZED FITNESS AND WELLNESS FOR MEN 50+

30 Essential Foods

Introduction

It has often been said you are what you eat, garbage in, garbage out. World class athletes know that to perform at their best, to withstand the rigors of high intensity training and stay injury free they have to focus on their nutrition as much as they do on exercise. Believe it or not, the same is true for everyone else. Whether you are a regular daily exerciser, a weekend warrior or a coach potato, if you don't eat well you cannot perform physically and mentally at your best. Your energy levels will be low, you will feel sluggish and you will not be able to focus and concentrate well. When you don't eat well, you will also see it in your waist line. The empty calories associated with pops, alcohol, sugary and fatty snacks will take its toll and you will slowly gain pounds and inches around the waste line.

The Canadian Food Guide



Unlike world class athletes, most people don't have access to or can afford personalized nutritionist and coaches to teach them what to eat, how much to eat and when to eat. Fortunately, there is the Canadian Food Guide to help you (<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>). It is simple to read and very well illustrated. It will teach you how many servings of the four basic food groups

(vegetables and fruit, grain products, milk and alternatives and meat and alternative) you should have daily as well as portion sizes.

Limitation of the Food Guide

Unfortunately, the food guide discusses vegetables and fruits and grain products in generalities. It really doesn't give specifics about the nutritional values of particular foods. In an article on Forever Active's web site <http://forever-active.com/understanding-the-nutritional-difference-between-whole-wheat-whole-grain-and-multi-grain> I discuss the nutrition difference between whole-wheat, whole grain and

multi grain products. In this newsletter the nutritional value of what I refer to as "30 Super Foods" will be highlighted. These foods are readily available at the grocery store, inexpensive to buy and loaded with vitamins and minerals. Fill your grocery cart with these "super foods" on a weekly basis and follow the Canadian Food Guide with respect to the number of servings per food group and portion size and you can be confident that you are doing everything you can to eat well.



30 Essential Foods

1. Almonds 2. Apples 3. Artichokes



4. Asparagus 5. Bananas 6. Beets



7. Bell Peppers 8. Berries 9. Bok Choy



10. Broccoli 11. Carrots 12. Cauliflower



13. Citrus Fruit 14. Eggs 15. Fatty Fish



16. Flaxseed 17. Garlic 18. Herbs



19. Nuts 20. Oatmeal 21. Olive Oil



22. Peanut Butter 23. Raisins 24. Tea



25. Spinach 26. Sweet Potatoes



27. Tomatoes 28. Watermelon



29. Whole Grains 30. Yogurt



5 Essential Foods Defined

Described below are the nutritious facts about 5 of the 30 essential foods listed on page 1. As a consumer it is important to understand why these foods are deemed so important to a healthy diet. Space limited my ability to describe more than 5 of the 30 Essential Foods listed on the previous page. Please visit the following link to Forever Active's web site for a very detailed description of the nutritional value of all 30 essential foods <http://forever-active.com/30-essential-foods-to-include-in-your-diet,30-essential-foods-to-include-in-your-diet#more-1610>

<p><u>Almonds</u></p> 	<p>Almonds are a nutrition packed nut. Like others nuts, it is high in fibre, monounsaturated fats and antioxidants like vitamin E. Almonds contain high amounts of magnesium important for circulation of oxygen in the blood which is crucial to optimum cardiovascular performance. They are also high in potassium which is important for heart function to increase endurance, as well as for muscle contraction, to promote strength and assist in a speedy recovery.</p>
<p><u>Bananas</u></p> 	<p>Bananas are an excellent source of energizing carbohydrate and potassium. This makes bananas a great post-exercise food choice for replenishing muscle and liver glycogen which can aid in the prevention of muscle cramps. They also provide vitamin B6 and other phytochemicals including Vitamin C and folate that help fight cancer and heart disease. Bananas contain a unique form of fiber to help provide good bacteria in your gut and colon.</p>
<p><u>Beets</u></p> 	<p>Beets are a great disease fighter. Their red betacyanin pigment is known to be a potent cancer fighter. They also contain the nutrient betaine which works with folate to lower inflammatory compounds known to damage your arteries and increase your risk for heart disease. Red beets are also a great source of salicylic acid, a close relative of aspirin. Beet greens are a great treat for vegetarians as they have a high iron and calcium content rarely found in vegetables, yet so crucial to preventing anemia and osteoporosis. They are also loaded with vitamin C, fibre, potassium and magnesium, all important to maintain good health.</p>
<p><u>Fatty Fish</u></p> 	<p>Fatty fish such as mackerel, herring and salmon are excellent sources of high quality protein, iron and vitamin B12. All of which are important for maintaining muscle mass, cardiovascular health and ensuring you perform at your best. However, it is the types of fat called omega-3 fatty acids in this type of fish that sets them above other high quality meat and alternative protein sources. Omega-3's have great anti-inflammatory properties, protecting the heart and protecting against inflammatory conditions such as arthritis and psoriasis. Specific to the heart, omega-3 has proven to keep other bad fats from building up and injuring the arterial wall, reducing the risk of heart disease. Additionally, this type of fish supplies a hearty dose of vitamin D which enables your body to absorb calcium, helping protect bone density and preventing osteoporosis.</p>
<p><u>Sweet Potatoes</u></p> 	<p>Sweet potatoes are an excellent source of iron, which is conducive to oxygenation of the muscles to fuel your workouts. Sweet potatoes are also a source of vitamin C and E and beta-carotene which both have antioxidant properties that assist in muscle recovery. On the disease fighting front, the folate, iron, copper, calcium and fibre in this vegetable helps to lower cholesterol, blood pressure and homocysteine levels. These nutrients also boost the immune system, fight cancer, support strong bones and combat intestinal issues.</p>

Don't forget to supplement your nutritious diet with regular cardiovascular, muscular resistance, flexibility and balance exercise for a holistic healthy lifestyle that will resist the chronic disabilities and illnesses of aging.

Christmas Special

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