

Food Shopping

By Dr. Wanda Merial, DHH

Food Shopping While Losing Weight

Food is our Body's Fuel!

What do you eat?

Keep It Fresh:

Have you ever really looked at the grocery store layouts?

Did you notice that all the fresh foods are gathered together: Produce, Meat, Fish, and Breads

Then all the cold items next to the frozen goods -- even in the frozen area you'll find fruits and veggies grouped together.

But in the middle of the store are all the packaged and can goods -- these items will last -- why? Because they are not fresh and have additives. I'm not saying they don't taste good, but you have to read the labels to ensure you're getting what's good for you while you watch your diet.

Our bodies are designed to eat fresh foods and when we consume foods that are hard to digest or contain additives that our bodies are allergic to -- that's when the trouble starts. More and more people are discovering food is the root of all their health problems. This is because a lot of people either don't know how to read a food label or they ignore them -- and just go with what "tastes good."

The hardest thing to do is to change a habit -- especially a "bad" habit. Of course a "bad" habit is only bad if you like it. It takes approximately 30-45 days to create a habit -- you'd think it would take that long to change it back again or create a new one, right? To change a habit -- replace it with one you would be excited over. For example: to remove a "bad" food item from your daily eating habits replace it with something that you enjoy that's good for you. Maybe it's a seasonal food (fruit or veggie) -- make sure you purchase it "Fresh" from a local farmer's market. Purchasing fresh foods locally will boost your local economy plus give you a new taste on foods.

Farmer's Market vs. Grocery Store:

If you purchase a tomato from your local farmer's market and one from your neighborhood grocery store -- which one has the most flavor? Which one opens up your sense of smell? You may have to pay a little bit more the local farmer, but it may just be a little bit bigger and go just

as far. Remember, we need our farmers to keep our grocery stores stocked. I know, it's a vicious cycle.

Food Shopping

By Dr. Wanda Merical, DHH

Food Shopping While Losing Weight

Food is our Body's Fuel!

What do you eat?

Keep It Fresh:

Have you ever really looked at the grocery store layouts?

Did you notice that all the fresh foods are gathered together: Produce, Meat, Fish, and Breads

Then all the cold items next to the frozen goods -- even in the frozen area you'll find fruits and veggies grouped together.

But in the middle of the store are all the packaged and can goods -- these items will last -- why? Because they are not fresh and have additives. I'm not saying they don't taste good, but you have to read the labels to ensure you're getting what's good for you while you watch your diet.

Our bodies are designed to eat fresh foods and when we consume foods that are hard to digest or contain additives that our bodies are allergic to -- that's when the trouble starts. More and more people are discovering food is the root of all their health problems. This is because a lot of people either don't know how to read a food label or they ignore them -- and just go with what "tastes good."

The hardest thing to do is to change a habit -- especially a "bad" habit. Of course a "bad" habit is only bad if you like it. It takes approximately 30-45 days to create a habit -- you'd think it would take that long to change it back again or create a new one, right? To change a habit -- replace it with one you would be excited over. For example: to remove a "bad" food item from your daily eating habits replace it with something that you enjoy that's good for you. Maybe it's a seasonal food (fruit or veggie) -- make sure you purchase it "Fresh" from a local farmer's market. Purchasing fresh foods locally will boost your local economy plus give you a new taste on foods.

Farmer's Market vs. Grocery Store:

If you purchase a tomato from your local farmer's market and one from your neighborhood grocery store -- which one has the most flavor? Which one opens up your sense of smell? You may have to pay a little bit more the local farmer, but it may just be a little bit bigger and go just as far. Remember, we need our farmers to keep our grocery stores stocked. I know, it's a vicious cycle.