

What should I eat?

When it comes to food, most of us know exactly what we like and what we detest. Deep inside we tend to be insecure as to what is really good for us. My advice would be, when in doubt, stick with the basic foods of your childhood. Your mother or grandma could not have been that wrong. Do you remember all that fresh produce? Use fresh fruits, grains, vegetables and meats. Avoid cans and highly processed staples. If you have time make all your food and drinks from scratch. When you eat in this manner, you will consume all the fibers, vitamins, minerals, proteins, carbohydrates and oils the human body requires for sustainable and near perfect performance.

"In the U.S. most persons do NOT need to eat MORE of anything". What we need is to eat and drink less amounts of:

- Salty foods, to decrease blood pressure and swelling.
- Sugar, sweets and simple carbohydrates, to reduce our glucose(sugar) blood levels.
- Fats, oils and fried food, to lower our cholesterol levels.

Remember, there is a PERVERSE interest in making sure we consume more of everything. So tread carefully when someone is trying to convince you to eat or drink more of anything.

Bonus tips

- The Mediterranean diet has shown to decrease frailty. The Ketogenic diet wants you to avoid eating simple carbohydrates (sweets, sugars, fruits, breads, flours, noodles, pureed potatoes).
- To calculate your Ideal Body Weight, start with 100 lb for the first 5 ft of height, then add 7 lb per additional inch of height. So if you are 5'10", your weight should be 170 lb plus/minus 15 lb. Or the weight you had when you graduated from high school.
- A Body Mass Index (BMI) chart may help us determine health risks.

BMI	Range
Low	<20
Normal	20-24.9
Overweight	25-29.9
Obese	30-40
Extremely obese	>40

In older adults, like me or older, the waist circumference and waist-to-hip ratio may be more important to know.

We are delighted to help you with any questions regarding what to eat. Also, if you need to contact us at **any time**, just give us a call at (979)725.8545, we have a 24/7 answering service.