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Our Changing Diet - Nutrients and Organics

Do you choose Organic or Non Organic foods? Many people go organic because they believe they are more nutritious, safer and more environmentally friendly.

After reviewing almost 250 studies, researchers at Stanford University found that, while there is some consideration from the safety and environmental perspective (due to less pesticides, chemical fertilizers, etc.) there are actually no nutritional differences.

The [well-known food pyramid](#) is also under review. As a general guide, the pyramid recommends that we eat a variety of foods to get the right balance calories to maintain a healthy weight.

One of the changes is a shift to two servings of the dairy per day. Typically, dairy tends to be high in fat, so the new guideline offers suggests that two servings will meet your daily requirements. Two servings offer the necessary calcium, without the additional calories.

Staying physically fit and eating well means you can have fun with your friends and family, and have more energy. Start with vegetables and fruits, and then add protein and carbohydrates to keep feeling full after meals.

Here are some tips to make healthy food choices:

1. Replace whole milk with skim or 1%.
2. Eat at least 5 veggies/fruits per day.
As we have mentioned in earlier blog posts, broccoli, sweet potatoes and berries are considered "super foods".
3. Don't salt your food without tasting it first (if you give time, your taste buds will adapt and not crave the salt).
4. Include more nuts/seeds in your diet. Pumpkin seeds are high in protein.
5. Plan your meals and pack a lunch from home at least 1 day per week. Planning your meals can reduce your waist and the money you spend on food. Take time to build a variety of meals including vegetarian options to stay healthy.

Eating healthy can keep your energy and diet on track. I believe that the key is adding variety of fruits and vegetables to your meal plans and trying new recipes to keep meals interesting. Ask your pharmacist about how your diet rates against the healthy eating pyramid – it's important for your health and your energy.