Eating Healthy

Gluten-Free! It's the current buzzword – but gluten-free does not necessarily mean "healthy" or "good for weight management!" The recent explosion of gluten-free products is a boon to those with gluten sensitivity or celiac disease, but they can contain as many or more calories, sugars and/or fats as the products they replace. It's still important to read the nutrition label to know exactly what you're getting.

Protein power
While the Atkins Diet craze has died down, emphasizing protein while de-emphasizing carbohydrates (especially processed carbohydrates) can still be helpful when it comes to losing weight. You need about a gram of protein for every 3 pounds of body weight per day, but choose your protein sources wisely: fish, poultry, eggs, beans, legumes, nuts, tofu, and low-fat or non-fat dairy products.

Everything in moderation
A good rule-of-thumb is to avoid diets which eliminate food groups or promote a specific food, but over the years several foods have unwittingly (and unnecessarily) garnered a bad reputation for various reasons. These foods can actually form part of a healthy diet and may be included, in a balanced way, for health: wheat/gluten, eggs, potatoes, fruit, soy, alcohol and, even, fried foods.

Pick the right fuel
Food is fuel – use it to provide the energy you need for your activities. However, have you ever found yourself in the middle of an energy slump, even though you've eaten? It could be what you chose to eat. Ensure your diet is a balance of lean proteins, healthy oils and minimally refined carbohydrates. Spread your meals & snacks to keep yourself fueled-up and avoid those simple sugars that quickly spike your energy then, just as quickly, leave you in a slump.

It's important to know about what you put into your body – whether it's food or medications. Our pharmacists have a wealth of information to share with you.