



Top Foods to Fuel your Body

1) Flaxseed- Flaxseed is a plant, whose leaves, stems and seeds have been used throughout history in cooking, medicine and clothing. Flaxseed are the tiny, sesame seed size seeds from this plant. Flaxseed is my number one top power foods to fuel your body because it has a high percentage of protein, omega-3 fatty acids and contains fiber to flush out bad cholesterol.

2) Eggs- Eggs have gotten a bad rap. Eggs are an excellent source of protein and contain choline. Studies with women show that a high intake of the nutrient choline are associated with a decrease in breast cancer. Eggs can also help shrink your waistline because they keep you fuller longer. My favorite eggs are Egg-lands Best because they contain vitamin E and Omega-3 fatty acids.

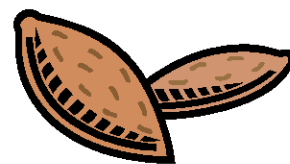


3) Dark Chocolate- Yes, I said chocolate, but not any chocolate...dark chocolate. This type of chocolate contains a higher percentage of cocoa which in turn has antioxidants called flavonols. These flavonols increase nitric oxide (NO). NO promotes blood flow and prevents high blood pressure and cardiovascular disease.



4) Oatmeal- Oats contain a soluble fiber called beta glucan that helps reduce total cholesterol and LDL (bad) cholesterol. Soluble fiber also helps keep your digestive system healthy. Old fashioned oatmeal is best as well as the Irish type, but my favorite for on the go is Quaker instant oatmeal "Weight Control" It has 7 grams of protein, 6 grams fiber, and only 1 gram of sugar! Yum...yum.

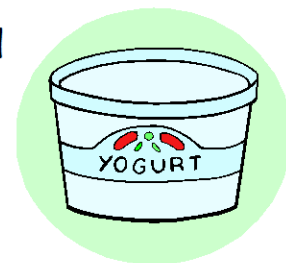
5) Almonds- In general, all nuts pack a punch when it comes to health but almonds rank above all others. These gems are loaded with healthy oils, vitamin E and other substances that help keep your cholesterol in check. Each $\frac{1}{4}$ cup serving contains 8 grams of protein and 3 grams of fiber.



6) Whole Grains- Whole grains means that the whole wheat kernel has been used to make the bread, pasta etc. If you see "enriched flour" then all the nutrients have been stripped away and vitamins and minerals have been added back in to make it even remotely healthy. You don't have feel guilty about eating Barilla Plus multigrain pasta. When it comes to bread, make sure the first ingredient is "whole grain" not just whole wheat. Whole wheat does not automatically ensure a heart healthy product.

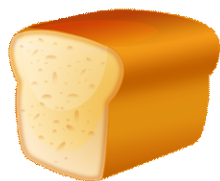


7) Greek Yogurt- Yogurt is supposed to be white. If is pink or blue or some other color it has added chemicals in it to flavor it. My favorite yogurt is greek style it has a creamier texture compared to other yogurts and packs 0 grams of fat and a whopping 22 grams of protein per each cup. I use it as a dip for cantaloupe and add it to my fruit smoothies. I also add honey, cinnamon and flaxseed to it for a delicious snack!



8) Almond Butter- Just like peanut butter but better. It packs the same health bennies as raw almonds but is in butter form. Spread it on toast (Ezekiel is the best) for a great snack.

9) Ezekiel Bread- I love this bread for many reasons none of which the least is that the recipe comes from the Old Testament. This bread contains no flour and is made from grains and legumes. Each slice 3 grams of fiber and 4 grams of protein. I eat it toasted every day with my oatmeal.



10) Olive Oil- This oil reduces your risk of heart disease by lowering your LDL (bad) cholesterol levels. It contains healthy fats that your body produce. Use it to cook your eggs in, sprinkle over your keep it from sticking together or mix up an oil and vinegar your salad.



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pasta to
dressing for

11) Red Wine- Wine is great for winding down after a long day but make sure it is red. Red wine contains a powerful antioxidant called resveratrol. Resveratrol has been shown to be good for your heart. Make sure you only drink about a glass a day. Moderation is the key.



12) Blueberries- These little orbs are prized for their dark blue color which is also the secret to their inclusion into the super food group. contain large amounts of phytochemicals such as that trigger antioxidant activity that may prevent cancer cardiovascular disease. They are also low in calories and E and fiber into your diet.



Blueberries
polyphenols
and
add vitamin C and

For more information on how to incorporate healthy eating and exercise into your life, call me at (847) 341-3369, visit my website at www.shapingbyscherry.com or email me at scherry@shapingbyscherry.com.