



# Passport to Health

## Lessons from Japan

Beyond beauty, Japanese eating is healthful eating. It's mostly low in fat and low in calories, with most food energy from carbohydrate-rich foods, such as rice and noodles. It features plenty of fish, with heart-healthy omega-3 fatty acids; soy foods, low-fat protein sources that also supply potentially cancer-protective isoflavones; nutrient-rich, phytonutrient-rich vegetables; and plenty of food variety.

Take a lesson today from the Japanese table.

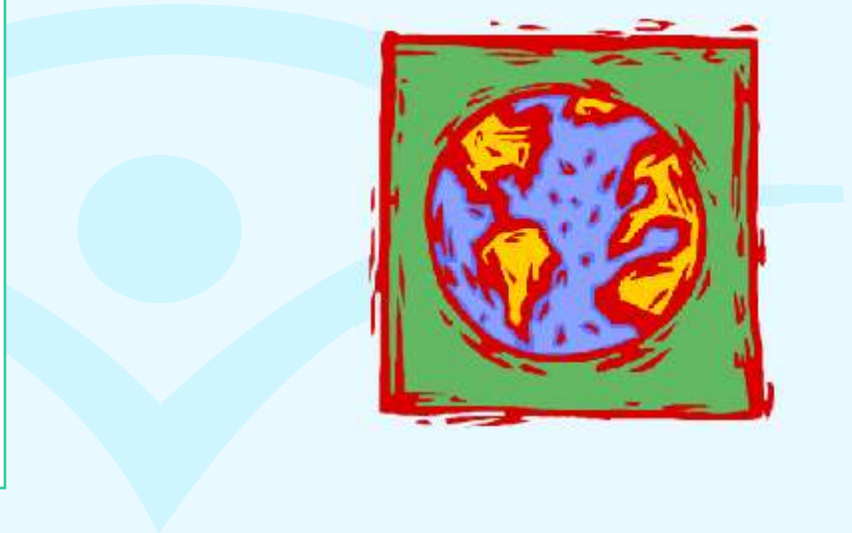
- Use chopsticks to help you eat more slowly. You'll "hear" your hunger and fullness cues and enjoy food more.
- Make it look good. Eat from a nice plate. Include lots of vegetable for color, flavor, and nutrition. Garnish with herbs, fruit, or edible flowers.

## Bon appetite!

Italian pasta, risotto and polenta not only deliver complex carbs. They're also perfect partners for a colorful array of veggies, fiber-rich legumes and small portions of meat, poultry and fish. The fat? Mostly heart-healthier monounsaturated olive oil.

For an Italian-style flavor today:

- Add fagioli (white beans) to minestrone soup or pasta sauce.
- Prepare Arborio (short-grain) rice with sautéed vegetables, cooked shrimp or grated cheese.



## Ole!

Mexican menus deliver nutrition benefits from some common ingredients. Meat and poultry portions are sensible in size—providing enough, but not excessive, protein. Beans not only supply protein; they're iron- and fiber-rich, too. Tomato salsas are loaded with certain vitamins and antioxidants: beta carotene, vitamin C, and lycopene. Cheese (even low-fat) provides bone-building calcium. Tortillas, beans, and rice offer complex carbs; just go easy on preparation methods that add fat.

Celebrate with a new take on the always-popular taco.

- Switch to soft. Wrapped, folded, or flat, use soft tortillas (perhaps chipotle-flavored) with less fat than crispy ones, which may be fried.
- Experiment with fillings. Try boiled fish or shrimp with a lime squeeze, tomato, onion, and cilantro or a fruit salsa, or grilled chicken (asada) and salsa verde (green), or Mexican beans and rice, chili peppers, and picante sauce.
- Take it easy with guacamole, refried beans (made with lard), Cheddar and other cheeses, and sour cream.
- Try a dessert taco: chopped mango or papaya, mint, and flavored yogurt in a soft, warm tortilla.

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