



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.

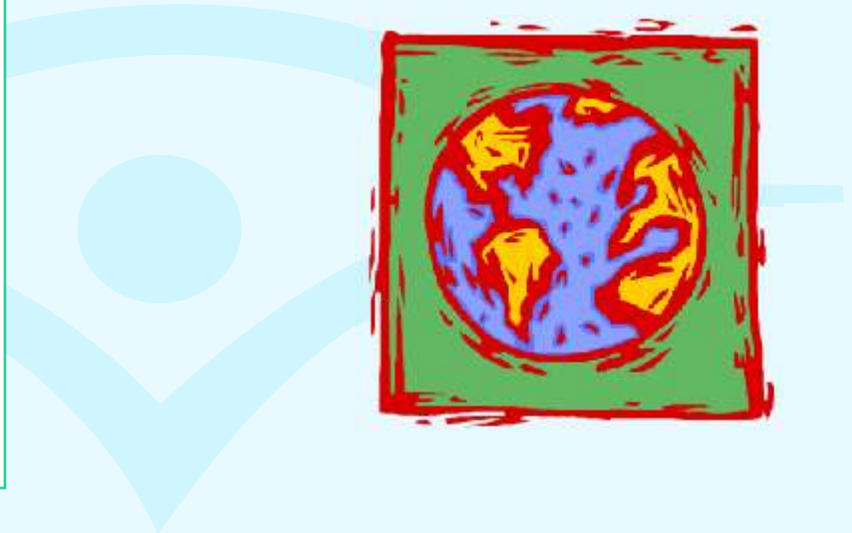
- Use chopsticks to help you eat more slowly. You'll "hear" your hunger and fullness cues and enjoy food more.
- Make it look good. Eat from a nice plate. Include lots of vegetable for color, flavor, and nutrition. Garnish with herbs, fruit, or edible flowers.

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.

WellnessProposals.com

To continue receiving valuable articles, email subscribe@wellnessproposals.com