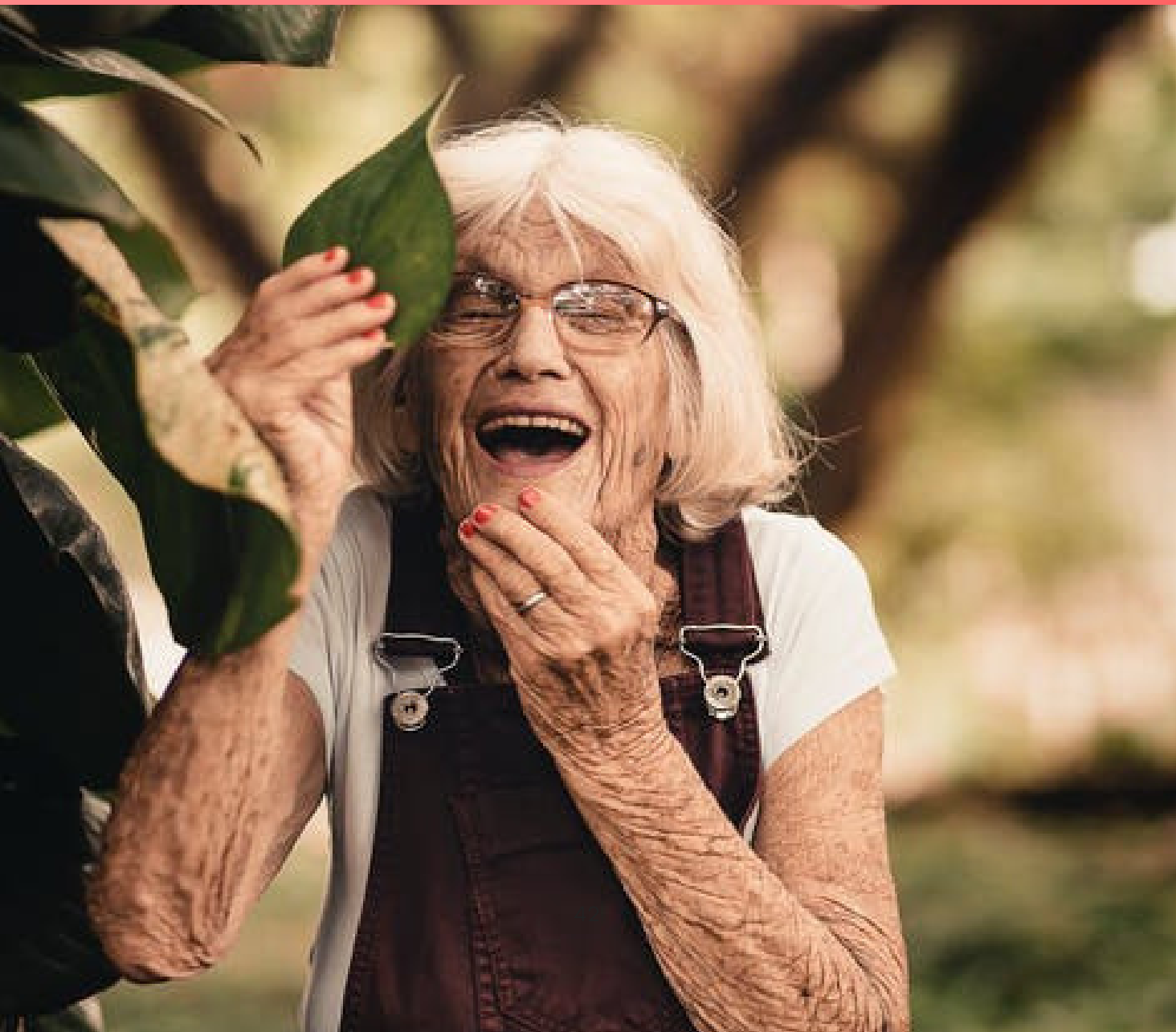


# Health Tips

## POCKET GUIDE



# HEALTH TIPS POCKET GUIDE

## NUTRITION

### Prefer to eat:

- Wholesome food
- With temperance of the healthy food
- With abstinence of the unhealthy food
- By taking your time
- By appreciating what you eat, and paying attention to savors
- Peacefully
- Allowing adequate time between meals
- Varied food that will provide fibers, vitamins, minerals, good fats
- By asking God to bless the food before eating
- To the glory of God " Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31

## OTHER THAN NUTRITION

### Try to:

- Be physically active for at least 30 min a day, if your physical condition allows it. Make your heart pump faster than usual (ex: with a faster walk)
- Have a positive attitude. Kindness, forgiveness, and smiles are positively contagious and will make your day brighter
- Love others more than yourself
- Cultivate happiness by having good interpersonal relationship, help others, assist people in need and those who are sick
- Breathe pure air as often as you can
- Expose yourself to the sunlight a few minutes a day
- Relax. Take some deep breath in moments of stress
- Have good moral living
- Be clean
- Spend quality time with your loved one
- Drink a good quantity of pure water
- Have adequate rest and sleep
- Develop a trust in God

### Avoid to eat:

- Between meals
- Too much sugary foods, especially with processed sugar (the white one). Prefer brown sugar, honey, agave syrup, but still in moderation.
- Processed food
- Eating between meals. 3 meals is good, and 2 meals can even be healthier for some people.
- Already prepared meals
- Too much fat, especially saturated fat
- Food too rich in sodium
- Food or drink that is too cold or too hot. The best temperature is the body temperature, except in case of sickness.
- Processed meat
- Eating in a stressful situation

### Avoid:

- Smoking
- Harmful drugs
- Alcoholic beverages
- Sugary drinks
- Caffeinated beverages
- Stress
- Excessive laziness
- Overworking
- Hatred
- Envy
- Proud
- Selfishness

