

WHEENK! WEALTH

EAT WHAT??

THE HOT BOOK OUT RIGHT NOW IS **EAT THIS NOT THAT** BY DAVID ZINCZENKO. HE WRITES A BOOK WITH THE PRIMARY FOCUS BEING "THE NO-DIET WEIGHT LOSS SOLUTION." HOW ABOUT THAT? THERE WERE TWO EYE-OPENING FACTS THAT I THOUGHT I'D SHARE WITH YOU: TWO THIRDS OF US ADULTS ARE NOW OVERWEIGHT AND THE OBESITY RATE HAS INCREASED 50% SINCE 1960.

HERE ARE SOME FACTS THAT THE AUTHOR SHARES WITH US:

"A STANDARD PIZZA IN ITALY CONTAINS 500 TO 800 CALORIES, BUT THE SAME MEAL AT PIZZA HUT CAN TOP 2,100 CALORIES."

"PANERA DOESN'T WANT YOU TO KNOW THAT THEIR SIERRA TURKEY SANDWICH PACKS 40 GRAMS OF FAT!" HOW CAN A TURKEY SANDWICH BE THAT BAD FOR YOU?

"A SINGLE SERVING OF MACARONI GRILL'S GRILLED SALMON TERIYAKI HAS MORE THAN THREE TIMES YOUR DAILY ALLOWANCE OF SODIUM". I THOUGHT SALMON WAS THE HEALTHIEST CHOICE ON THAT MENU.

AS CONSUMERS WE NEED TO BE EDUCATED ABOUT WHAT REALLY IS A "HEALTHY CHOICE". I THOUGHT TURKEY AND SALMON WERE GOOD CHOICES, BUT OUR FOOD INDUSTRY IS TRYING TO TRICK US. TAKING SOME TIME TO LOOK INTO THE NUTRITIONAL CONTENT OF THE FOOD YOU EAT AT YOUR FAVORITE RESTAURANTS OR FAST FOOD PLACES COULD BEGIN TO HELP YOU SHED POUNDS. KEEPING THE WEIGHT OFF IS GOOD FOR YOUR HEART AS WELL AS YOUR JOINT AND BONES. WE HAVE SEVERAL GOOD RESOURCES HERE AT WHEENK! PHYSICAL THERAPY THAT CAN HELP YOU WITH NUTRITION AND/OR WEIGHT LOSS IF YOU NEED HELP. FOR ME, KNOWLEDGE IN MAKING THE HEALTHY CHOICE WILL HELP WITH THE NEXT 5-10 POUNDS.

EAT THIS NOT THAT ALSO SUMMARIZES 8 FOODS THAT YOU *SHOULD* EAT EVERYDAY, WHICH ARE VERY GOOD IN COMBINATION WITH A LEAN PROTEIN.

SPINACH: A RICH SOURCE OF PLANT BASED OMEGA-3S AND FOLATE, WHICH HELP REDUCE THE RISK OF HEART DISEASE, STROKE AND OSTEOPOROSIS.

YOGURT: HELPS BOOST YOUR IMMUNE SYSTEM AND PROVIDES PROTECTION AGAINST CANCER.

TOMATOES: DIETS RICH IN LYCOPENE CAN DECREASE YOUR RISK OF BLADDER, LUNG, PROSTATE, SKIN AND STOMACH CANCERS, AS WELL AS REDUCE THE RISK OF CORONARY ARTERY DISEASE.

CARROTS: SPIKED WITH CAROTENOIDS, FAT SOLUBLE COMPOUNDS THAT ARE ASSOCIATED WITH A REDUCTION IN A WIDE RANGE OF CANCERS AS WELL AS REDUCED RISK AND SEVERITY OF INFLAMMATORY CONDITIONS SUCH AS ASTHMA AND RHEUMATOID ARTHRITIS.

BLUEBERRIES: HELP PREVENT CANCER, DIABETES AND AGE-RELATED MEMORY CHANGES.

BLACK BEANS: ALL BEANS ARE GOOD FOR YOUR HEART (OF COURSE NOT REFRIED BEANS) BUT NONE CAN BOOST YOUR BRAINPOWER LIKE BLACK BEANS.

WALNUTS: RICHER IN HEART HEALTHY OMEGA 3'S THAN SALMON, LOADED WITH MORE ANTI-INFLAMMATORY POLYPHENOLS THAN RED WINE, AND PACK HALF AS MUCH PROTEIN AS CHICKEN.

OATS: PACKED WITH SOLUBLE FIBER, WHICH LOWERS THE RISK OF HEART DISEASE.

I AM PERSONALLY A BIG FAN OF THE 6 DOLLAR BURGER AT CARL'S JR AND AFTER DOING A LITTLE RESEARCH MYSELF I AM GOING TO ORDER THE BAR-B-QUE CHICKEN SANDWICH NEXT TIME WITH, OF COURSE, THE FRIES. BUT I WILL SHARE THE PORTION OF FRIES, WHICH WILL KEEP THE CALORIC AND FAT CONTENT OF THE DAY WITHIN REASON.

BY, KRISTIN MASSAMIRI,
MPT



LIKE THIS TIP? ASK AND DISCUSS MORE HEALTH AND INJURY QUESTIONS AT HEALTH.WHEENK.COM

Wheenk! Physical Therapy

949-498-8312
friends@wheenk.com
pt.wheenk.com