

**What to Eat Now: The Oz Diet- No more myths. No More fads. What you should eat- and why.**  
-Main points drawn from the 9/12/11 Time Magazine article of the same name.

Want to get healthy? Then forget about diet soda and low-fat foods. Instead, tuck into the foods pictured in the margin. Even chocolate, whole milk, fats, nuts, and eggs are good for your body- if eaten in moderation.



**Fats:** Monounsaturated fats- canola oil and olive oil- have been found to lower LDL cholesterol (the good kind) and raise HDL cholesterol (the good kind).

Avoid too much fat from animal products and trans fats found in hydrogenated and partially hydrogenated oils. Unexpectedly, coconut oil, a trans fat, has been shown to have health benefits, if eaten in moderation. Remind us to prepare you popcorn popped in coconut oil, for a future health tip. It's delicious!



**Eggs:** "Most people have little issue with their blood-cholesterol levels after eating foods that are relatively high in cholesterol." Eggs are packed with protein and make a fine snack. Like fats, the thing to remember is to eat eggs in moderation. Think one-a-day!



**Chocolate:** "Chocolate is a source of antioxidants- in the form of flavonoids, which are what gives cocoa beans their pungent taste. The darker the chocolate, the heavier the concentration of flavonoids," and the better the chocolate is for you.

**Nuts:** "Nuts, though high in unsaturated fats and calories, can lower bad cholesterol and help curb hunger."



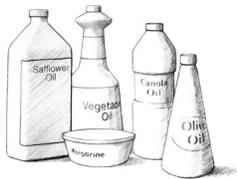
**Milk:** "Even the case against whole milk, condemned by some critics as nothing less than a glass of liquid fat, is more complex than it seems. It's true that kids who drink who drink a lot of whole milk drink a lot of calories, but milk can actually help control weight, since calcium binds with fat in the food digesting in your gut, meaning that you absorb less of that fat... What's more when you take all the fat out of milk, you're left with too high a concentration of natural sugars, which interacts like candy with your hormones, especially insulin."

**Berries:** Numerous studies indicate that berries can reduce the odds of cancer, iabetes, and mental decline.



**The Hard Truth:** "Of all the changes taking place on the food front, one of the most important concerns the balance between diet and exercise. It's still true that to maintain a healthy weight, calories consumed must equal calories burned. Tip that balance one-way and you drop pounds; tip it the

other way and you gain. Period... But this summer a landmark study in the New England Journal of Medicine found that it's not just how much food you eat, but which kind, that influences weight gain... the authors found that the foods most associated with adding pounds over four-year period were French fries, potato chips, sugary drinks, meats, sweets, and refined grains."



Foods associated with healthy weights included: yogurt, nuts, whole grain, fruits, and vegetables. "Finally- no surprise- you should be serious about exercising... a minimum of 150 minutes of aerobic activity- like brisk walking- per week- about 20 minutes daily..."

Eat in moderation; choose foods that look like they did when they came out of the ground (remember there are no marshmallow trees)... and get some exercise. Human beings are the only species in the world who have figured out how to be in complete control of their own food supply. The challenge now is to make sure the food doesn't take control of us."

