



**Dr. Joanna
Carioba**

SPECIAL TO THE NEWS-PRESS

***Are there any
foods to eliminate
completely from
a healthy diet?***

There are many ways to eat healthy, and it's best to pick a diet that works for your tastes and lifestyle. In general, most healthy diets are plant-based, with smaller portions of lean animal proteins, usually not more than 3 ounces per meal. Whole grains, vegetables, and fruit are encouraged, and processed foods, especially those with white flour and sugar, are discouraged.

Dr. Joanna Carioba is a family medicine physician with Physicians' Primary Care of Southwest Florida in the Cape Coral office at 1255 Viscaya Parkway, Suite 200. (239-574-1988). www.ppcswfl.com