

QUESTION OF THE WEEK

Q: What are some easy ways to eat healthy?

To have a more healthy living mentality, we all should go back to the basics of eating natural and unprocessed foods. As an example, I would encourage using regular sugar rather than the artificial sweeteners such as Splenda, Equal or Sweet 'N Low. The key to improving our taste buds with sugar is to use it in moderation and in small portions.



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Another way of healthy eating is adding more fresh fruits and vegetables to our diet. Eating less meat and more protein such as legumes and soy products would constitute more natural eating.

Many people have now changed their diet to vegetarianism or even eating only vegan foods. The reasons for doing so have more to do with being health conscious than for religious practices. With new technological advances in agriculture, many farmers and slaughterhouses

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are now using chemicals and synthetic hormones to feed livestock. This is to increase animal growth for profit. Human consumption of these animal flesh may potentially be very toxic. Terminal illnesses, cancers, or even birth defects may very well be the result of eating these

contaminated animal products.

Some have made excuses of not being able to prepare meals without meats. However, if one really wanted or is determined to eat more pure and healthy, there are many available resources for a meat-free and natural diet. Anyone can find a delicious and healthy recipe at any time with a click of a button on the computer.

It may sound a little

cliche and too mundane to encourage healthy eating, but every little change in our life to be healthier will definitely make some impact as we age.

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