

**Eating for Health...**  
**A few tips**

-Shay Hosseinion, MD

1. “Hara Hachi Bu” is Japanese for “Eat till you are 8/10 full”– a simple way to limit calories (and improve health, since simply eating less food can lessen the risk of disease)<sup>1</sup>. We often over-eat at meals because the brain doesn’t get the message that the stomach is full for about 15 minutes, so if we stop eating at about 80% full, in about 15 minutes we will often feel full.
2. Eat a variety of foods, especially vegetables, fruits, whole grains, and legumes
3. Choose drinks and foods without sugar added to them; sugar adds unnecessary calories. Instead drink water or maybe try unsweetened herbal iced teas.
4. Be careful of low fat foods; fat makes us feel full, and some fat is part of a balanced diet.
5. Cooking with good fats and choosing foods with good fats is more important than low fat.
  - The best fats are called “Omega-fatty acids” and are found in olive oil, nuts, seeds, and fish such as salmon.
  - The worst fats are called “Trans-fatty acids” and are found in “partially hydrogenated” oils.
6. Olive oil is the healthiest oil to cook with, and decreases the risk of heart disease<sup>2</sup>.
7. Choose salmon over other meats, and wild salmon instead of farmed salmon if it is possible, since higher mercury levels are often found in farmed salmon.
8. Choose organic foods if it is possible; they have more vitamins than foods grown with pesticides<sup>3</sup>.
9. Cook food at home: it’s less expensive, you are free to make anything you want and not limited by less healthy options prepared in restaurants or fast food.
10. Exercise and be happy. Exercise releases endorphins in the body and makes us feel good and happy.
11. The latest research on foods to eat is always changing; eggs were previously thought to be bad for cholesterol, now they are thought to be good for your heart since they have omega fatty acids. The basic concepts of eating a balanced diet, and not eating too much still apply. I hope the above tips give some ideas about healthy eating to feel good.

## References:

1. Wilcox BJ, Willcox, DC, Suzuki M: The Okinawa Program. Clarkson Potter, New York, 2001.
2. DeLorgeril M, et al: Mediterranean diet, traditional risk factors, and the rate of cardiovascular complications after myocardial infarction: Final report of the Lyon Diet Heart Study. *Circulation* 99:779-785, 1999.
3. Worthington V: Nutritional quality of organic versus conventional fruits, vegetables, and grains. *J Altern Compl Med* 7:161-173, 2001.