

A Good Diet Has Six Words

It all started with Ernest Hemingway
Hemingway was asked for six words.
He was to write a story.
A good story only needs six.
“For sale: baby shoes, never worn.”
A good diet only needs six.
Eat less food, do more exercise.
No diet is better than another.
For weight loss it doesn't matter.
However, heart healthy diets are best.
Monitor portions and track food intake.
Stay away from all processed foods.
Eat vegetables, fruits, and lean meats.
Exercise at least one hour daily.
Initially it takes some serious work.
The changes have to be lifelong.
The end result is lasting success.
You will live happily ever after!

Attributed to Dr. J. Florida, Surgeon



Healthy food can be fun and nutritious



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Simply Easy Six Word Diet Tips



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Take Charge of What You Eat

The highest nutritive qualities a food has is when eaten closest to its source.

The further along a path of processing the less nutritious food tends to be.

The current American diet is a very new phenomenon in human history.

The typical American diet coupled with a less active lifestyle can create many debilitating health problems.

A few simple changes in eating can help you live a longer healthier life.

Learn your personal caloric requirements

To determine daily caloric requirements for **maintaining** present weight for a moderately active individual; take current weight x 15.
i.e. 140 lbs. x 15 = 2100 calories

The United States has the highest daily caloric intake per capita in the world at 3754. Contrast this with Thailand at 2354 cal. per day or Congo with 1606 cal. per day.

An extra 500 calories per day over your required dietary intake can add one pound to your weight over the course of one week.



Fresh fruits and vegetable are always a good alternative to processed snacks.

Common Food Calorie Count

Large apple –116 cal.
Large banana– 115 cal.
Large peach– 61 cal.
Quarter pounder with cheese– 510 cal.
Carl’s Jr. double bacon chbgr-740 cal.
Whopper Jr. with cheese– 410 cal.
Taco Bell Burrito Supreme- 420-cal.
Little Caesar Pepperoni ‘slice’- 280 cal.
Chicken drumstick cooked- 112 cal.
Johnsonville Bratwurst- 270 cal.
Skim milk 1 cup- 86 cal.
Whole milk 1 cup- 160 cal.
Wheat Chex 1 cup-200 cal.
Cheddar cheese 1 oz.- 113 cal.
Scrambled eggs 1 cup– 367 cal.
Canned black eyed peas 1 cup– 75 cal.
Tsuru Mai brown rice 1 cup– 640 cal.
Cake donut glazed-250 cal.
Catfish grilled 5 oz.- 150 cal.
Baby carrots each– 4 cal.
Baked potato with skin lg.– 222 cal.
Butter with salt 1 tsp.-34 cal.
Wonder bread hot dog bun– 110 cal.
Refried beans 1 cup-237 cal.

Source: caloriecount.about.com