

Let's Talk Food

LIFESTYLE

► continued from 10

■ Incorporating healthy foods into your diet will help you naturally cut back on two culprits of an unhealthy diet, sugar and salt. Sugar causes your energy to fluctuate and can add to health and weight problems. Avoid sugary drinks like pop, buy unsweetened foods and sweeten them yourself, and eat naturally sweet foods like fruit or natural peanut butter to satisfy your sweet tooth.

■ Too much salt can cause high blood pressure, and unfortunately we often consume too much salt in our diets. Avoid processed and pre-packaged foods, which are often high in sodium. Watch the food you order in restaurants, as it can be loaded with sodium. Cut back on salty snacks like potato chips and pretzels, and go for fresh or frozen vegetables instead of canned vegetables. Slowly reduce your salt intake, to give your taste buds time to adjust.

To navigate through these healthy diet changes, always consult the nutritional

facts label on the food you're purchasing to make sure you understand the content of what you're buying. Recently, Michelle Obama, U.S. Health and Human Services Secretary Kathleen Sebelius, and Food and Drug Administration Commissioner Margaret Hamburg announced a proposed change to these labels, to make them easier to understand.

The proposed label changes more prominently display the serving size information, as well as the calories. The daily value percentages are placed in front of the nutrients, and added sugars, the sugars manufacturers add to their products, is shown. Research has shown most Americans get enough vitamins A and C, but are lacking in potassium and vitamin D, so potassium and vitamin D are substituted for vitamins A and C on the proposed label.

You don't have to wait until New Year's Eve to make a resolution to start eating healthier. By following some simple guidelines and taking things slowly, you can start changing your diet to be more healthy, and you'll be able to take on harder resolutions.

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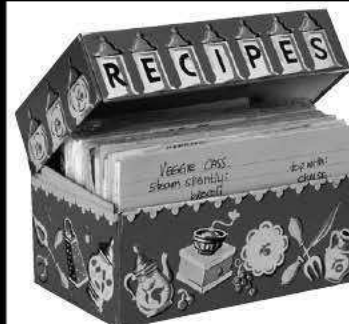
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★ We are inviting you to join us in the fight against hunger this March!

★ Inspire your organization to **BE THE HERO** and collect donations of food or funds the entire month of March to help the Falls Hunger Coalition during the Minnesota FoodShare statewide campaign!

★ Border State Bank will be the central drop point for this community-wide effort. As in previous years, we will match up to \$1000.00 of funds donated.

★ All donations collected will benefit Falls Hunger Coalition.

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