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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Tips To Reduce Fat In Your Diet

By Kathy Thompson

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1. Steam, boil, broil, or microwave vegetables, or stir-fry them in a small amount of vegetable oil.
2. Season vegetables with herbs and spices rather than sauces, butter, or margarine.
3. Try lemon juice or fat-free dressing on salad, or use a yogurt based dressing instead of mayonnaise or sour cream dressing.
4. To reduce saturated fat, use vegetable oil or tub margarine instead of butter or stick margarine when possible.
5. Replace whole milk with skim or low-fat milk in puddings, soups, and baked products. Substitute plain nonfat yogurt, blender-whipped cottage cheese, low-fat sour cream, or buttermilk in recipes that call for sour cream.
6. Choose lean cuts of meat, and trim any visible fat from meat before and after cooking. Remove skin from poultry before or after cooking. Monitor portion sizes. (Lean meats end in "loin".)
7. Roast, bake, or broil meat, poultry, or fish, so that fat drains away as the food cooks.
8. Use a nonstick pan for cooking so added fat will be unnecessary, use a vegetable spray for frying.
9. Chill broths from meat or poultry until the fat becomes solid. Spoon off the fat before using the broth.
10. Eat a low-fat vegetarian main dish at least once a week.

10 Tips To Reduce Fat In Your Diet

Kathy Thompson, is a writer and speaker, with over 25 years of researching nutrition and fitness. Kathy provides coaching, classes, workshops, articles, reports, columns. For help with losing weight, cleaning up your diet, or improving health, contact Kathy at: healthyu@words4-u.com. Check out the FREE report "The Secret To Permanent Weight Loss" at: www.words4u.com/health.html

Writer, Speaker, Coach, Kathy Thompson has been studying health & nutrition for over 25 years, and given workshops and classes around the country.

Some Simple Advices about Diet to Fight Rheumatism and Chronic Inflammation

By Knut Holt

Inflammation is a major component in most rheumatic pain conditions or rheumatic diseases, therefore it is advisable to eat a good amount of food that reduces inflammation and reduce the consumption of food that contains inflammatory agents. Here are some simple dietary advices that may help reduce rheumatic conditions:

THINGS YOU SHOULD EAT TO REDUCE RHEUMATISM

Fish, especially fat fish, fish oil, olive oil, walnut oil and raps oil should be a part of your diet. The fat in these types of food, omega-3-poly-unsaturated fat or omega-9-poly-unsaturated fat reduces inflammation. However, if you add these types of oils to your diet, you should reduce the intake of other types of fat, so that you do not get too much fat.

You should also eat much vegetable, since also these make a body chemistry that reduces inflammation.

THINGS YOU SHOULD NOT EAT TOO MUCH OF

Do not consume much soy oil and corn oil, since these types of fat increase inflammation. Most food you buy that is ready to eat from a factory or restaurant, contain these types of fat. You should therefore reduce the consumption of food you do not cook yourself.

Bread, cereals and products made of corn or cereals also increase the inflammation response, especially if they contain wheat. Wheat causes a special type of inflammation in the intestines called celiac disease in some individuals, but may also trigger inflammation of non-celiac type. However, full-corn cereals and full-corn bread are valuable types of food, so you should not stop eating them. But if you eat bread or corn products at every meal, you should reduce your intake of these and eat more potatoes, beans and peas.

THINGS YOU SHOULD IDEALLY NOT EAT AT ALL

You should absolutely not consume fat that has been chemically altered to give it another consistence. This type of fat has a very negative effect on the health and may be very potent inflammatory agents. Margarine, snacks, fast food and ready made cakes or cookies often contain this kind of fat. Unfortunately this type of fat is also often added to bread. A good idea could be to bake your bread

yourself.

Knut Holt is an internet consultant and marketer focusing on health items. -----TO FIND natural medicines against common diseases, for example: Over-weight, acne, eczema, hypothyroidism, fatigue, depression, hemorrhoids, joint pain, hypertension, high cholesterol, circulatory problems, digestive ailments, allergies, menstrual problems, respiratory diseases and more, PLEASE VISIT:-----

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