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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!

Eating For Two

By Meri Raffetto RD

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You provide your baby the best nutrition every day by breast feeding. Much of the nutrition your baby receives from breast milk comes from your body's stored nutrients. So don't forget - your nutrition is important too! Even while you are nursing, your baby is becoming familiar with the different flavors of food you eat. Follow these nutrition tips and set your baby up for good health that will last a lifetime!

1. Avoid Low Calorie or Fad Weight Loss Diets. Limiting the variety and amount of foods you are eating can decrease much needed nutrients for your baby's growth and development. Work on eating a healthy, balanced diet and keep your regular exercise regime with Baby Boot Camp! Keep in mind that nursing moms burn about 500 extra calories a day just from their milk production! This combined with your regular exercise and healthy eating will help you return to your pre-pregnancy weight.

2. Variety. Try to eat a variety of nutrient dense foods such as fruits, vegetables, lean meats, high fiber carbohydrates, and high calcium foods.

3. Complex Carbohydrates. Avoid the white bread, rice, and pasta and opt for their whole grain counterparts. Look for 3 or more grams of fiber per serving on the food label. Complex carbohydrates provide important B-vitamins, minerals and fiber.

4. Protein. Make sure to have several servings of protein foods daily, like lean beef, poultry, fish, beans, tofu, or eggs. Protein foods are rich sources of minerals including iron, and zinc. Protein is also important for your baby's growth and development.

5. Fats. Add several servings of "good" fats. Healthier fats include canola oil, olive oil, soy butter, and tub margarine with no Trans fats.

6. Fruits and Vegetables. Your goal is 5 a day. Fruits and vegetables are vital to provide important vitamins, minerals, and antioxidants for your baby's growth, development, immune system and overall health.

Eating For Two

7. Calcium. Aim for at least 3 servings of calcium–rich foods daily for good bone formation. Calcium–rich foods include milk, yogurt, cheeses, cottage cheese, fortified soy or rice milk, sardines, and kale.

8. Nuts and Nut Butters. Avoid eating nuts and nut butters while breast feeding especially if you have a family history of food allergies.

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Meri Raffetto is a Registered Dietitian and a recognized professional in the area of nutrition and wellness. She has developed online weight management programs to help people get off of diets and

get into way of life. For more information or to sign up for our free newsletter, visit www.reallivingnutrition.com.

Eating Out Wisely

By Denton Krypps

Many people I know love eating out at different cafes and restaurants. They love trying out new places almost as much as they love returning to their old favorite spots. They love trying new menu items and discovering new ways to eat the foods they enjoy the most. Eating out can be both a wonderful and very dangerous thing.

In America we are blessed to have restaurants dotting the streets of many streets in towns and cities of all sizes. We are rarely at a loss for places to eat out. One of the greatest things about eating out is that it saves time that many busy people do not have to waste. After spending long hours at our workplaces, few people have the time or energy to return home and cook a gourmet meal. Eating out seems to be a great solution at the end of a long, tiring day.

Eating out can also be great because we can try a wide variety of foods and drinks that we don't have the ability to make ourselves. No one loves eating the same basic foods over and over again, so eating out can be a good way to give our tastebuds something new.

However, if we are not careful, eating out can also be dangerous for a couple of big reasons. First, we must use caution in eating out for the sake of our health. Most restaurants and cafes offer huge portions of items that are unhealthy to eat and drink. Eating out often means filling up on appetizers, a main course, a few high calorie beverages, and a dessert to finish off the evening. Think about how many calories you can consume during a meal like this. I am not, of course, saying that we should never enjoy eating out. I am, however, saying that we need to be careful, for our health's sake, about eating out too frequently. We must be careful to watch our choices when we are eating out. Choose healthier items or commit to only eating half of the meal you choose. There are ways of eating out healthily, it just takes conscience effort.

Another huge reason to be careful about eating out too often is your pocketbook and budget. It is no

Eating For Two

secret that eating out costs more, on average, than cooking meals in your own home. It is easy to accumulate large bills, especially at nicer places. So be careful that you stick to a budget when you make plans for eating out.

Beware. Eating out can be one of the greatest pleasures or one of the most dangerous things. Enjoy it, but do it with caution.

Denton Krypps has been enjoying eating out with caution ever since he realized the potential dangers of making it a habit. Check out

to learn more.



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