



# Health And Well-Being

## Cool Ideas For Cold Weather

by Lisa Drayer, M.A., R.D.

(NAPSA)—To keep your body balanced inside and out when the weather's too cold to go to the gym, try these healthful tips:

**1. Fabulous Fiber.** Dietary fiber is beneficial for health in various ways. Fiber provides slimming benefits by keeping you fuller longer; plus, psyllium fiber may help reduce the risk of heart disease by lowering cholesterol. It can be tough to consume the recommended 32 grams of fiber per day, so you may wish to carry fiber supplements such as Metamucil capsules, which contain 100 percent natural psyllium fiber. They come in two forms, Heart & Digestive Health and Strong Bones.

**2. Dark Chocolate.** Delicious and rich, dark chocolate can be a surprising treat for your body. Dark chocolate contains beneficial flavonoids that possess antioxidant properties and protect skin from aging. Just be sure it's at least 60 percent cacao and limit portions to 100-150 calories.

**3. Wonderful Walnuts.** Walnuts contain alpha-linolenic acid, an essential omega-3 fatty acid. Omega-3s help keep your skin supple and have anti-inflammatory benefits. Walnuts are a great way to add nutrition, taste and crunch to nearly any dish. You can also combine them with dried fruit for a healthful on-the-go snack.

**4. Sweet, Sweet Potatoes.** Sweet potatoes are loaded with



**Registered dietitian Lisa Drayer says don't forget the fiber when you want to eat well for good health during the cold winter months.**

beta-carotene, a powerful antioxidant that protects your cells by destroying free radicals. Your body converts beta-carotene into vitamin A, which keeps your skin smooth when you're stuck indoors with dry heat. Sweet potatoes can be dressed up or dressed down, mashed or roasted and even microwaved when you're in a hurry.

**5. Easy Exercise.** It's very important to stay active. Take to the dance floor for great cardiovascular exercise. You'll burn calories, improve your circulation and boost your mood and energy level. Dancing can also increase strength, endurance and flexibility.

• *Ms. Drayer is a nutritionist and author of "The Beauty Diet."*