

# Key To Good Health: Snack Early And Often

## Keri Glassman's Five Tips For Boosting Metabolism, Losing Weight And Staying Energized

(NAPSA)—One of the easiest ways to dramatically change your diet and improve your health is to rethink what you're munching on between meals.

That's the philosophy of nationally acclaimed dietitian Keri Glassman, creator of A Nutritious Life, nutrition expert for "The Early Show" on CBS and beauty and skin care expert for WebMD.

Keri takes the guesswork out of dieting. She specializes in creating diets that integrate nutrient-packed foods and indicate the best times of day to eat, including regular snacking. With her new book, "The O<sub>2</sub> Diet" (Rodale, December 2009), Keri translates complex scientific research on antioxidants into news that's easy to use.

As Keri points out in her book, most have heard about the powerful antioxidants found in green tea, but few know that the green nut—pistachios—contains numerous health-boosting antioxidants as well.

Keri has teamed up with The GreenNut.org to offer these five tips for healthy eating in 2010:

- **Don't skip meals.** It slows your metabolism. Think of your body as a fire that needs wood to keep burning. Begin with breakfast within an hour and a half of rising. Try six ounces of nonfat, plain yogurt topped with a small



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handful of pistachios and one cup of blueberries.

- **Eat consistently throughout the day.** You'll feel better all around, and making this change will aid in weight loss, too. Small meals every two to four hours help to stabilize blood sugar levels and provide more sustained energy.

- **Don't forget to snack.** The perfect snack will have about 120 to 160 calories and provide some fiber and/or some protein and/or healthy fat. Try an apple and a stick of reduced-fat string cheese or homemade trail mix composed of two dried apricots and 18 pistachios.

- **Plan ahead.** You will save time, money and calories—guaranteed. Always keep a variety of nuts and seeds on hand, wash and cut fresh vegetables right when you return from the store, portion out hummus and hard boiled eggs.

- **Be creative and experiment with different seasonings.** Herbs and spices not only add

tremendous flavor, but they also have many health benefits. Give your snack, particularly veggies, a kick with basil, oregano, garlic, Dijon mustard, olive oil or pepper.

### The Proof Is In The Research

The International Tree Nut Council Nutrition Research & Education Foundation recently came out with groundbreaking research stating that consuming tree nuts (such as pistachios) is associated with a higher overall diet quality, improved nutrient intake including antioxidants such as vitamins A, C and E, lower weight measures and lower prevalence of health risks.

"What you put in your body can directly affect everything from stress and energy levels to weight and cardiovascular health—even your mood in general," says Glassman, who is a Green Nut Ambassador. "Think about giving your body just enough fuel to keep your metabolism burning without overdoing it with calories and, at the same time, making sure those calories are as nutrient packed as possible. Nutrient-packed snacks at the right time of day may help prevent chronic disease and make you a happier person."

TheGreenNut.org is part of a nutrition-awareness campaign sponsored by the Western Pistachio Association. For more healthy tips, visit [www.thegreennut.org](http://www.thegreennut.org) or follow The Green Nut on Twitter at [www.twitter.com/thegreennut](http://www.twitter.com/thegreennut).



Keri Glassman