

Get Fresh In 2006

Incorporate Fresh Foods as Part of a Healthy Lifestyle

(NAPSA)—In today's health-conscious world, discerning Americans are no longer content with a general approach to eating. Recent studies show individuals are concerned with making conscious decisions to integrate fresh foods into their diets to help sustain a healthier lifestyle. And it's no wonder! Certain fresh foods, such as citrus fruits, provide essential nutrients that can help fight disease and help meet daily dietary needs. What's even more appealing: a piece of fresh fruit is a flavorful, juicy, satisfying snack.

"Natural, fresh foods play a vital role in a healthy lifestyle," states Steven Pratt, MD, author of "Superfoods HealthStyle: Proven Strategies for Lifelong Health." "During the winter and spring months, choose in-season Florida citrus fruits, including oranges, grapefruits and tangerines, as an easy way to incorporate fresh foods into your diet. Rich in fiber and nutrients, citrus fruits can help meet the daily fruit servings recommended by the USDA Dietary Guidelines. Oranges in particular are one of the fourteen 'Superfoods,' providing a wealth of vitamins, minerals and phytonutrients that are essential to promoting better health and protecting against disease."

But it's not only about the foods you eat. Beyond fresh, healthy eating, Dr. Pratt suggests these rejuvenating and refreshing lifestyle tips:

- Exercise is critical to improving your health, your spirits and



your future. Look for exercise opportunities: Throw away the electric can opener, walk whenever you can, use the stairs, vacuum to music!

- Laugh out loud. Studies have shown that laughter may reduce the risk of coronary heart disease.

- Add a sprinkle of cinnamon to your oatmeal. Studies show that certain spices may boost cognitive ability and also can help regulate blood sugar levels if you suffer from type 2 diabetes.

- Catch some Z's. Sleep debt is a problem for more than 50 percent of American workers; lack of sleep has now been conclusively linked with diabetes and obesity.

Achieving a healthy lifestyle is no easy feat, but riding the fresh food trend will certainly provide a head start. A fresh, nourishing approach to life can truly rejuvenate your well-being. Add something fresh to your day and feel and taste a healthy difference.

For more on fresh, healthy living, visit www.floridajuce.com.