

## Six diet fixes we should all make, stat!

Think you've conquered your diet demons? Even the most health-conscious gals have room for improvement, says Ali Chernoff, a Vancouver-based registered dietitian. Here are three foods that most of us need to eat more of – and three we can all do without.

BY KAREN ROBOCK

### eat more....

**DARK GREEN VEGGIES** These nutritional powerhouses – think kale, Brussels sprouts, broccoll and spinach – will protect you from disease, boost your metabolism and keep your digestive system running smoothly.

**WHOLE GRAINS** Unrefined grains contain more fibre, which helps regulate blood sugar levels and keeps you feeling fuller longer. Instead of white bread and pasta, stock up on wild rice, quinoa, rye or whole-wheat bread and whole-wheat pasta. And be wary of products labelled "multigrain" – all this means is that they contain two or more grains, not necessarily whole ones.

**DAIRY PRODUCTS** Women need 1,000 to 1,200 milligrams of calcium daily to keep bones and teeth healthy. Don't eat dairy? Try fortified soy or almond milk.

### eat less...

**RED MEAT** Beef contains protein, iron and B-vitamins, but depending on the cut, it can also be high in saturated fat. Get your daily dose of protein from leaner sources – such as tofu, chicken or fish – and limit your red meat intake to no more than three servings a month.

**REFINED SUGAR** The sweet stuff – and its various guises, including high-fructose corn syrup – is found in everything from cereals to frozen meals to wine coolers. Take sugar in your coffee or honey in your tea? Aim for no more than six teaspoons a day.

**FAST-FOOD** Unsurprisingly, most takeout is high in salt and saturated fat. And don't be fooled by fast-food salads – many contain far more fat and calories than you're bargaining for. ③

Celebs – they're just like us! "My favourite meal is New York grilled steak... I love steak." – Courteney Cox

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