

TWO CRUCIAL DIET TIPS

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TISCANLABS HEALTH GUIDE

1. Eliminate "White Foods" from Your Diet. White flour, white sugar and other processed foods are not only devoid of vitamins and minerals, but they've also been stripped of their natural fibre. As a result, they rapidly drive up blood sugar levels, which contribute to weight gain, diabetes and a host of other health problems. Avoid white bread and baked goods made with white flour, sugar-laden sodas and snack foods. Instead, focus on eating fibre-rich fruits, vegetables, legumes and whole grains.

2. Stay Away from Dangerous Trans Fats. While it's important to reduce your overall fat intake, it's even more important to watch the types of fat you eat. Deep-

fried foods and anything made with hydrogenated oils (margarine, peanut butter, store-bought pastries and cookies) contain trans fats that raise your risk of heart disease. Instead, eat healthy fats, such as olive oil and the omega-3 oils found in salmon and other cold-water fish, which actually protect against heart disease.

Please note that this health advice tip is purely advisory and should not replace advice from your medical practitioner nor should any food or drink listed in this sheet be taken without first consulting your Doctor.