

ASHBY ADVISOR

Sixty-Ninth edition
May 2013

Well it's that time of year when we look in the mirror and decide its time to lose some of that winter coat we've put on. Don't be afraid to look. So now we go on the Internet to see what great diets there are to choose from. We find dozens of them. Everyone of them endorsed by some celebrity, doctor or nutritionist.. So many choices. One tells you to eat more eggs, another says no carbs, another says only eat "good" carbs, low fat, high fat, no fat, good fat, bad fat - its like a Dr. Seuss book. You're so confused that by the time your'e done with your research you grab a bag of chocolate, a bowl of ice cream or a blueberry (healthy) pie to calm your nerves.

Some of you have heard of a balanced diet, but if you think that a boneless, skinless chicken breast with corn, mashed potatoes and a wheat roll is a balanced diet then you might be a "Diet-Neck" or a "Carb-Neck". Let me make a couple of suggestions to start you on your diet (change of eating habits).

- 1st) Just leave out the soft drinks - empty calories.
- 2nd) Stop the fast food insanity.
- 3rd) Eat smaller portions and eat them slower.
- 4th) French fries and ketchup is not two servings of vegetables.
- 5th) Don't eat a lot of carbohydrate foods, breads, pasta, rolls unless you're training for a triathlon.
- 6th) Keep junk food out of the house. (chips, cookies, ice cream.....)
- 7th) Add good old fruits and veggies to your diet
- 8th) Do some light exercise instead of eating when you are under high stress. If you need comfort food try hugging a loved one or a pet instead.

And to top it all off - A study from the Netherlands has shown that the younger generation is not as healthy as previous generations at their age. Poor diet and lack of exercise is blamed for the increase in obesity, blood pressure and diabetes. Go hug a loved one or pet.

Update for the "**Dirty Dozen, plus**" and the "**Clean Fifteen**" Fruits and Vegetables

Eat these organically to avoid Pesticides

Apples	Hot Peppers	Spinach
Celery	Nectarine - imported	Strawberries
Cherry Tomatoes	Peaches	Sweet Bell Peppers
Cucumbers	Potatoes	Kale/collard greens +
Grapes		Summer Squash +

These don't have to be organic to avoid Pesticides.

Asparagus	Corn	Mangos	Pineapples
Avocados	Eggplant	Mushrooms	Sweet Peas - frozen
Cabbage	Grapefruit	Onions	Sweet potatoes
Cantaloupe	Kiwi	Papayas	

Quote: "Don't judge each day by the harvest you reap, but by the seeds you plant."