



MSGGA
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Better Nutrition Every Day

How to make healthier food choices

We make dozens of decisions every day. When it comes to deciding what to eat and feed our families, it can be a lot easier than you might think to make smart, healthy choices. It takes just a little planning.

The food we put into our bodies is our fuel. It provides us with nutrients—the vitamins, minerals, and other compounds our bodies need to function and thrive. Research shows that good food choices are especially important for children’s growing bodies and minds. Smart choices have both immediate and long-lasting benefits for you and your family.

“My best advice is for parents to be good role models by eating healthy and being physically active with their children,” says Janet de Jesus, a nutritionist at NIH. “Keep healthy foods around the house for meals

and snacks. If you save desserts and treats for special occasions, it will be more special. Involve children in the meal planning and cooking, and they will be more likely to eat the meals.”

“Parents can begin teaching their children about healthy eating from the day they are born,” says Dr. Donna Spruijt–Metz, whose research at the University of Southern California focuses on preventing and treating obesity in minority youth. “Setting a good example is very important.”

Try the GO, SLOW, WHOA approach to food. GO foods are great to eat anytime. They have lots of nutrients and are low in unhealthy fats, sugar, and calories. GO foods include fruits; vegetables; whole-grain cereals, breads, and pastas; fat-free or low-fat milk, yogurt, and cheese; fat-trimmed and lean meats; fish; beans; and water.



SLOW foods should be eaten less often. These include non-whole-grain bread, rice, and pasta; peanut butter; granola; pretzels; and fruit juices.

WHOA foods are only for once in a while—foods like french fries, doughnuts, whole milk, full-fat cheese, hot dogs, fried chicken, candy, and soda.

(continued on page 2)

Inside This Issue...

Better Nutrition Every Day..... 1-2
Notice of Annual Meeting of Members..... 3
MSGGA Scholarship Application..... 5-6

Health Tips 7
Give Yourself a Break..... 8

