

YOUR 7 Lucky #'s

Doctor Oz says these #'s will keep you happy and healthy

90 Your resting heart rate

1.5 grams = 1 t salt

100 Calories from sugar

25 grams of Fiber

0 Trans Fats

1 Alcoholic beverage

6 Your A1C blood count

So, what does **ALL** of this mean?

- Keep your **salt** intake to less than one teaspoon EACH day. Sodium makes your heart work harder. And makes your blood pressure rise.
- Keep your **calories** from ALL sugars to NO more than 100 each day.

Since nutrition labels only give sugars in grams, how do you know how many calories are in each item? You simply multiply the number of grams by 4. There are 4 calories per gram. Example an item has 25 grams of sugar, ($4 \times 25 = 100$) equaling 100 calories. In other words your total sugars for the ENTIRE day. How can you possibly know how many calories or grams of sugar or salt are in fresh foods you prepare at home? Look them up there are several good web sites.

One I like is <http://nutritiondata.self.com/>. You can find the nutrient values of fast foods from national chains. YOU'LL be shocked. Example ONE Egg McMuffin has 300 calories (and that is without the orange juice), 235 mg of cholesterol, 840 mg of sodium -- more than half your daily intake. Oh clog my arteries.

- How in the world are you going to get a MINIMUM of 25 grams of **FIBER** in your diet each day? Especially when:

One pear only has **5 grams**

½ C chopped cooked broccoli had **3 grams**

½ C chopped raw broccoli only **1 gram**

1 C cooked black beans **15 grams**

1 apple raw, with skin **3 grams**

1 apple raw, without skin **1 gram**

1 C green beans cooked **4 grams**

The good news is they do add up in a hurry!

- **0 Trans Fats** means **0** not .5 grams but **0** See how sneaky the packaged food industry is. They got the government to allow them NOT to list TRANS FATS if there was .5 grams or less in the SERVING SIZE.

Example:

Chip Ahoy cookies (boy did I have to do some math to figure out how many cookies were actually in a serving). See **Truth in Labeling** on page **23** **Volume 3**.

- Limit your intake to ONLY ONE alcoholic beverage each day. Alcohol is high in sugar and offers NO nutrition.
- Why get an A1C blood test next time you're at the doctors? If your blood sugar levels are high or in the pre-diabetic range you may want to get the **A1C test**, which measures your average **blood** sugar levels over a 120-day period (the lifespan of a red **blood** cell).

I want to thank Dr. Oz for making health a fun and interactive adventure. And, I want to thank Oprah Winfrey for having the foresight to put him on the air and give him his own hour on daily television so that we all may learn about how our bodies function and what we need to do to make ourselves healthy. I am also sad to see Dr. Oz slip into that old 'make a profit mode' of taking manufacturers as partners. And, I cannot see adding high drama crime stories as being healthy.