

KEYS TO BETTER HEALTH™

Longevity Starts With Super Foods!

Eating healthy doesn't have to be complicated, and **Keys To Better Health™** is here to help remove the guesswork. Did you know that the Okinawans in Japan have one of the world's longest live expectancies? Are you wondering how they do it? They enjoy a low-calorie diet rich in antioxidants, low in fat and sugar, and rich in vegetables and seafood. Meat, eggs and dairy products are rarely consumed. They also practice eating only 80% of the food on their plate, leaving thousands of calories on the plate resulting in tons of pounds lost.

We would be wise to start embracing the qualities that Okinawans incorporate into their daily diet, in addition to starting some of our own healthy traditions with these delicious power foods that taste great and can add years to your life:

- Apples help prevent dementia, stroke, and diabetes, and lower cholesterol. Eat raw or fried, add to salads or baked goods. For the most fiber, eat with the skin intact.
- Kiwi supports heart health, lowers blood pressure, helps clean out toxins, and improves skin health and sleep quality. Eat raw, dried or add to fruit salads.
- Avocado helps lower the risk of cancer, reduces inflammation, and supports cardiovascular health. Eat raw or add to salads or sandwiches. However, because they contain a high amount of saturated fat, eat them in moderation.
- Carrots promote eye health, and helps prevent leukemia, lung, colorectal and prostate cancers. Eat raw, add to salads, soups, or other recipes. Carrots can be baked, steamed, boiled, or sautéed.
- Kale helps prevent cancer and coronary artery disease, can limit cancer progression, and lowers cholesterol. Eat raw, boil, steam, sauté, or add to a variety of recipes.
- Practice eating clean, which involves eating fresh, organic foods that are produced in an environmentally friendly manner, without fertilizers, genetic engineering or any other un-natural production methods. Those who eat clean embrace vegetables, fruits, whole grains and healthy proteins. Eating clean also means eliminating or greatly reducing the amount of additives and processed foods in your diet.



At every turn, **Keys To Better Health™** is here to help. Throughout our store are colorful tags on the shelf edge that make it easy for you to find super foods that help lead to a longer life. Look for tags that say "Heart Healthy," "Low Fat," "Whole Grain," "Low Sodium," "Organic," and much more!



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.