



mealmakeovers

Making small changes to your diet can bring big benefits. Simply replace your current choices with these eight nutritious sources.

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Every time we eat, without us being aware of it, every cell in the body is affected by the presence – or the lack – of specific nutrients. These effects aren't always immediately evident, but nutritional choices that are less than ideal will manifest as physical conditions in the future. They include things like the inability to maintain or lose weight, low energy, learning and concentration issues in children, insulin resistance, diabetes, heart disease, cancer and allergies.

Food is more than fuel, it's also a source of enjoyment. That's why it can be difficult to change eating habits. It can be equally challenging to set aside dietary recommendations that are no longer scientifically sound. Also, most people don't have the knowledge to tell the difference between real nutritional benefits and marketing-driven food messages.

To help you make a change for the better I've selected eight nutrient-dense foods that can replace your current choices without disrupting your life. Swap your standard fare for these alternatives and your body will feel the benefits. And when you want to fall back into old habits, remember the reasons why these choices are better for you!

A better breakfast

Start your day off right by choosing nutritious foods that will keep you satisfied until lunchtime and make it easier to concentrate on your tasks.

EGGS INSTEAD OF INSTANT CEREALS Regarded as one of the most nutritious, complete foods on the planet, eggs fell out of favour because of their cholesterol content. Despite the bad press, though, recent research shows that cholesterol alone is not responsible for high blood cholesterol and heart disease.

Eggs are an important source of protein and all the essential amino acids. They contain vitamin Bs (thiamine, riboflavin, pantothenic acid, folic acids and B12) as well as biotin, vitamin D, vitamin E and the mineral phosphorus. The yolks are a source of lecithin, a fat that is also produced by the body and is important for cholesterol transport – if cholesterol isn't properly transported, it will clog arteries.

Eggs will naturally lower the blood sugar response and will keep you feeling full for a long time.

OATS INSTEAD OF BREAD Unlike wheat, the germ >