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Our Mission is...

To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers

3 Tips to Improve Health



1. Remove Sugary Drinks From Your Diet

One study shows that consuming a single serving of sugar-sweetened beverages per day is linked to a 60% increased risk of obesity in children.

Many other studies support this... sugar-sweetened beverages may be the most fattening aspect of the modern diet.

Keep in mind that fruit juice is just as bad. It contains the same amount of sugar as a sugary soft drink.

BOTTOM LINE: Sugar may be the single worst ingredient in the modern diet, but consuming it in a liquid form is even worse.



2. Be Aware of Sodium Content

Sodium (Salt) is an essential nutrient that your body needs for many important functions.

Health authorities recommend between 1.5 and 2.3 grams of sodium per day. Yet, increasing evidence suggests that these guidelines may be too low.

People with high blood pressure should not exceed 7 grams per day, but if you're healthy, the amount of salt you're currently consuming is likely safe.

If you're worried about your blood pressure, there are several other, more effective things you can do, such as exercising, optimizing your diet or losing weight.



3. Keep Portions in Check

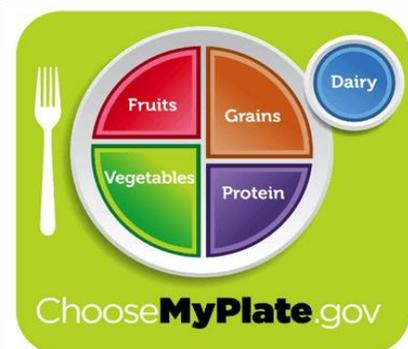
Reaching for a smaller plate may be the easiest thing you can do for a healthier diet. A study by Cornell University found that people eat less that way.

Why? It's an optical illusion. "Your mind is tricked into eating less by being visually satisfied."

"Portion control is good for many different things, whether it's obesity, high cholesterol, or diabetes." If you're trying to lose weight, portion control is key.

More strategies for keeping your portions in check:

- Eat from a plate (not out of a bag).
- Avoid nibbling in front of the TV.
- Buy single-serve portions.
- Eat slowly, enjoying the flavors and aromas of every bite.



Sources: <https://www.healthline.com/nutrition/12-baby-steps-optimal-nutrition#section4>
<https://www.webmd.com/health-insurance/features/diet-changes#2>
<https://www.healthline.com/nutrition/sodium-per-day#importance>