footnoteson

CARBOHYDRATES • FAT • FIBER

Carbohydrates (4 kcal/g)

Carbohydrates are the body's primary source of energy, especially in low-fat diets. They're a great source of vitamins, minerals, and fiber, and are split into two categories, complex and simple carbohydrates. Choose a variety of foods ranging from fruits and vegetables to whole grains, such as whole-wheat bread and whole-grain cereals.

In addition, try to select foods made with little fat or sugar, such as pasta, lentils, and beans. Baked goods such as cakes, cookies, croissants, and pastries are carbohydrates as well, but most of the original fiber is removed during processing. Try to limit your intake of these types as much as possible.

Fat (9 kcal/g)

The two main types of fat are saturated and unsaturated fats. Saturated fats maintain a solid state at room temperature (like lard) and are generally considered to be associated with various health problems. On the other hand, unsaturated fats maintain a liquid state at room temperature (like olive oil) and have positive effects on the body's health. Due to these effects, you should try to eat oil-rich fish, nuts, and seeds more often, while limiting your intake of saturated fats like non-dairy creamers, high-fat meats, French fries, and pastries.

Another fat found in our diets that needs to be controlled is hydrogenated fat/trans fats. To counter its effects, enjoy a diet full of essential fatty acids (EFAs). Natural sources of EFAs include cold-water fish, olive oil, nuts, seeds, and other supplemental sources such as flaxseed, canola, or fish oil.

Fiber

Dietary fiber is an indigestible carbohydrate that passes through our system without absorption. Our bodies lack the enzymes to break down the various types of fiber into a form that can be absorbed into the blood. Two main classes of fiber in our diet are soluble and insoluble types.

Soluble fiber is found in fruits, legumes, oats, and rye among other foods. This fiber combines with water to form a gel in our intestinal tracts, which softens our stools and slows the rate of food that passes through our digestive systems. Insoluble fiber can be found in vegetables and wheat bran. This fiber tends to bulk in size when absorbing water, thus accelerating the rate at which food passes through our systems. The American Dietetic Association's recommendation for daily fiber intake is approximately 20 to 30 grams per day.

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A REAL SILENT KILLER

composed of 78% water. Therefore, our bodies are made mostly of water, a vital medium which allows nutrients, oxygen and bio-chemicals to be transported throughout. This water-based medium can be either acid or alkaline and is measured by the graduated pH scale. The ash residue produced by our human laboratory influences the pH of our body fluids and tissues.

The pH scale of values runs from 0 to 14. At the low end, 0 indicates really strong, complete acidity. At the high end, 14 indicates really strong, complete alkalinity. In the middle, pH 7.0 indicates that the substance is neither acid nor alkaline - it's neutral. Very few substances are completely neutral. Most substances test out on either side of neutral. For example, vinegar at pH 2.5, is a strong acid, and baking soda at pH 8.0, is slightly alkaline. When we talk about the pH of your body, we mean the pH of the fluids inside and outside your cells, your "internal environment". pH is the potential for health of the fluids in and around your cells. The ideal pH for your internal environment is just above pH 7.0.

Why should I be concerned about my pH levels?

pH has a profound effect on health and disease. Imbalances in pH means that the body has become too acidic or too alkaline for long periods of time which is not

WHAT'S YOUR NUMBER?