



Advice for Healthy and Satisfying Meals

1. Judge your meal partly on how health-promoting it is.
2. You are only eating healthy if you have a healthy level of fiber in your diet. Remember:
$$\frac{\text{total grams carbs}}{10} < \text{total grams fiber}$$
3. Make the bulk of your diet from low calorie fruits, vegetables, and legumes. They greatly contribute to making you feel satisfied.
4. Include whole grains in your diet – bread, pasta, breakfast cereals. Caution: you may need to limit intake for grain products.
5. Include liquid oils, nuts, olives, and avocados as sources of fat. Use these to enhance palatability; however, be aware you will most likely need to limit intake to a healthy amount. Limits may be especially important if you are trying to control your weight.
6. Realize that it takes time to become accustomed to healthy food in place of highly refined and rich food. For most of us there is no danger of starving on healthy food! If we persist we will come to enjoy it more than the unhealthy food we found irresistible in the past. Learn that you do not live to eat; you eat to live. For Christ, doing His Father's will was more satisfying than eating. "But He said to them, 'I have food to eat of which you do not know.' Therefore the disciples said to one another, 'Has anyone brought Him *anything* to eat?' Jesus said to them, 'My food is to do the will of Him who sent Me, and to finish His work.'" (John 4:32-34, NKJV).