

TOO MUCH OF EVERYTHING IS A DISEASE-BALANCE YOUR "ENERGY IN" AND "ENERGY OUT".

It is actually very true that too much of everything is a disease. Many diseases in America are as a result of too much of food and beverages. Some of us are not ignorant about this fact but we just care less about it. Maintaining a healthier weight is a balancing act.

Food label is one of the best ways to go about checking the proper amount of food intake (energy in), thereby choosing food wisely. It prevents food in excess even before it is consumed. While shopping for food, it is advisable to look at the back food label for the "nutrition facts". Visiting www.mypyramid.gov is another good way of checking both the proper amount and choice of food.

Another way to avoid excess food intake is exercise. This helps to burn down food calories after it is taken (energy out). Some of the effective exercises are: Running, bicycling, walking, jogging, gardening/yard work, swimming, dancing ect. Balancing your "energy in" and "energy out" is the best approach to a healthier life.

References:

http://www.eatright.org/ada/files/Shop_Smart.pdf

<http://www.mypyramid.gov/STEPS/stepstohealthierweight.html>