

Chef Solus Tips on Reducing Sugar, Salt and Cholesterol

Keeping your family healthy can be as easy as making a few simple changes in your family diet. Foods that are higher in salt, sugar and unhealthy fats that raise your cholesterol are hard on the heart and overall health if eaten frequently. Even children can develop changes in their heart and blood pressure. But all this can be prevented by teaching children to make healthy choices and that starts at home.

By reducing them to just once in awhile foods you can help your family make healthier choices.



Tips to lower your sugar, salt and cholesterol intake

- Use food labels to help guide you. All the information is right there, we just have to take a moment and read it the label
- Compare foods you want to buy for your family and choose the food item that is lower in sodium, unsaturated fats and sugar
- Eat more fresh foods, they are not loaded with extra sugar and fat that your family's body does not need
- Cook at home with the kids. It is the best way to control how much fat, salt and sugar is added to your foods.
- When cooking start by adding a little less sugar and salt. Overtime, you will get use to the taste of the food without the extra salt and sugar. You will be surprised how great foods can taste with very little or no salt and sugar.
- When eating at restaurants, ask that salt not be added to your foods or order lower sodium options, if available.
- When eating out, ask for grilled or baked rather than fried foods
- Drink more water and teach kids to drink more water. The body is made up of mostly water >70%. It needs water to be healthy and function efficiently.
- Don't stock your home with sugary drinks like soda, fruit juices and sports drinks. It helps minimize the temptation.
- Sweeten your water with natural fruits. Just take a few slices and put it in a pitcher of water and your water will have a natural flavor.
- Look for foods that have unsaturated fats
- Avoid foods with trans fats, these fats are especially harmful to your heart.