

Quick Tip



Supplements For Gaps In Your Diet

Try as we may, eating healthy is not always an option. Luckily, supplements and vitamins can be helpful to cover gaps in the diet, especially for those who can't or don't eat well-balanced meals rich in antioxidants. Visit the [Weil Vitamin Advisor](#) to see what is recommended for you, based on your diet and lifestyle.

Healthy Eating Practices

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the farm to your kitchen, minimizing the loss of vitamins and minerals due to lengthy transport.

3 Aim For Humanely Raised Foods.

Whenever possible, avoid meat that is sourced from [factory farms](#). Fresh, wild-caught cold-water fish; chickens and pigs raised in an organic, free-range environment; and cattle that is free of hormones (and grass-fed) are healthy choices. Buying from a local farmer can provide transparency that groceries may not. If you live in a "food desert," consider ordering organic and humanely reared foods online.

4 Focus On Your Food.

Eating mindfully means slowing down, expressing gratitude for the food we are eating, and paying attention to why we eat. By focusing all of your attention on the taste, texture, and aroma, you are more likely to enjoy the meal more.

The Slow Food Movement encompasses much of the above – it encourages people to slow the pace of life in order to truly savor fresh, local foods, and to focus on the pleasure of eating with friends and family sitting around the table.

Healthy Cooking Methods

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water, stock or wine and covering the pan. Allow the food to cook until it's almost done, then uncover and boil off any excess liquid.

2 Slow Cooking.

[Slow cooking](#) is not only convenient, but also a healthy and delicious way to prepare food in advance. The lower temperatures may help preserve nutrients that can be lost when food is cooked rapidly at high heat. What's more, food cooked slowly often tastes better.



3 Steaming.

For more delicate vegetables, steaming uses little energy, creates a minimum of mess, and does the least damage to the nutrients. As a bonus, it lends itself to a quick cleanup. Steaming is best for tender vegetables such as greens, snap peas, and artichokes (you can boil less delicate ones such as potatoes, beets, and corn on the cob). A rule of thumb is that when you smell it, it's done.



4 Avoid Deep Frying.

When it comes to healthy cooking, avoid methods that require excessive fat, especially deep-frying. This method not only adds lots of calories, but also exposes you to the health risks of oxidized fats. Broiling, baking and roasting can also be healthy methods of preparation, provided you don't add unnecessary fat.

