Nutrition Month celebrates many ingredients for optimal health

By Barbara Quinn

The Mukwonago County Award (THD)

March is Nutrition Month, and says the Academy of Nutrition and Dietetics, the largest organization of nutrition professionals in the world. What we need to know, our world, is that one food, drink or pill is a magic formula for optimal health. Rather, the building blocks of health are a combination of nutrients and activities, along with mental health, could be answering a reader’s question.

Q: “Are legumes considered a good source of protein?” I see a book that they about 1/2 protein and 1/2 carbs, so in a space eating program which limits combinations of proteins and starches, do legumes fit into meal planning?

A: Yes, beans are a very good source of protein. One-half cup of cooked beans contains as much protein as two ounces of meat, fish or poultry and essentially no fat or carbohydrates. They contain fiber as well, in the form of starch and dietary fiber. They are especially rich in antioxidants, known for their cholesterol-lowering properties.

You don’t ask, but beans also provide a host of vitamins and minerals, including iron, potassium and folic acid, an important nutrient for women starting to the bone health community. Legumes contain anti-inflammatory compounds such as resveratrol, which may have anti-inflammatory properties. A study called the “Food Habits in Later Life” shows that in people over the age of 70 — eating more beans of legumes like beans reduced the risk of death by 6 percent.

While legumes are good for heart health, they have about 1/3 protein and 2/3 carbohydrates, how do legumes fit into meal planning?”

One-half cup of cooked beans contributes as much protein as two ounces of meat, fish or poultry and essentially no fat or carbohydrates. They contain fiber as well, in the form of starch and dietary fiber. They are especially rich in antioxidants, known for their cholesterol-lowering properties. You didn’t ask, but beans also provide a host of vitamins and minerals, including iron, potassium and folic acid, an important nutrient for women starting to the bone health community. Legumes contain anti-inflammatory compounds such as resveratrol, which may have anti-inflammatory properties. A study called the “Food Habits in Later Life” shows that in people over the age of 70 — eating more beans of legumes like beans reduced the risk for death by 6 percent.

FREEMAN: Most strokes happen in beans that seem to enhance longevity. A study called the “Food Habits in Later Life” shows that in people over the age that can occur.

FREEMAN: The main strategy is to live a healthy lifestyle. This means eating a variety of fruits and vegetables, avoiding alcohol. Also, people must take very good care of medical conditions, including diabetes, high blood pressure, heart disease, and chronic conditions. These issues are common and often occur in older people. They can control these issues and control their own health.

FREEMAN: Most people think that older people have strokes. What type of issues do you see in towns and young adults? What strokes happen in older people? About one-third of older people report at least one stroke every 24 hours. In younger age that can occur.

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FREEMAN: When do young people have strokes? What are the main strategies to reduce stroke risk? What are the main strategies to reduce stroke risk? What are the main strategies to reduce stroke risk?