



## Living Health

**Living Health** consists of **Right Diet, Daily physical Exercises, and Relaxation.**

### Right Diet

**Right Diet** consists of eating foods that give calories in the following proportions:

Carbohydrate	60%	300 grams for a person on 2000 calorie diet
Protein	20%	100 grams -----do-----
Fats	20%	45 grams -----do-----

**Right Diet** should include whole grains, 3 – 4 servings of different vegetables, 3-4 servings of fruits, preferably vegetable sources of proteins and fish. Other meats should be avoided or maximum consumption per week should be not more than 3 to 4 times.

### Dietary Supplements

**Dietary supplements** - The daily diet should be supplemented with dietary supplements in whole food form (not isolated vitamins and minerals). It is not possible to sustain on regular diet alone because of the processing and chemical contamination the foods undergo.

### Physical Exercise

**Physical Exercises** – It is absolutely essential to devote at least an hour every day for physical exercises in any form such as jogging, Yoga, tennis, weight lifting etc.

### Relaxation

**Relaxation** – To fight the devastating effects of work place stress it is Essential to relax consciously. It could be achieved by meditation, short vacations, spending time with family on outings (watching TV cannot be considered as relaxation unless you watch cartoon network or comedies)

### Knowledge of Health

**Knowledge of Health** – Majority of people are unaware of what good health is and what it takes to maintain good health. For most of the people absence of disease is the definition of good health. It is extremely important to make an effort to learn about health. Subscribe to some health magazines and constantly learn about the foods and your body.

**AVIOD** consuming the following:



- Fried foods,
- Sugar in any form including soft drinks
- Too much of Coffee or Tea
- Saturated and Trans fats
- Alcohol
- Cigarettes
- Processed and junk foods
- Too much of medications