

The Biggest Loser Club!

This program can help you achieve your Goal!

There are so many benefits to eating healthy, but did you know that the right diet could also make you look younger? Yes it does. It is no secret that a natural and hydrated diet is beneficial not to lose weight. Please see bellow some tip that may help you in your quest to lose weight, and look younger as well.

1. Eat colorful produce. Eating a diet rich in colorful fruits and veggies replenishes the antioxidants, such as vitamins C and E that your body loses as you get older. These antioxidants, which help prevent wrinkles, are found in tomatoes, citrus fruits, avocados, nuts and other vibrant foods in your produce section.

2. Drink more fluids. Drink eight glasses of water a day to prevent dehydration, which causes your skin to lose its elasticity. If you don't like water, step up your fruit and vegetable consumption. Most are packed with water in their natural state.

3. Get 30 percent of your calories from protein. After age 30, we begin to lose muscle mass and, consequently, strength. Add more muscle-building protein to your diet in the form of lean meats, poultry and seafood. Vegetarians: reach for legumes, soy foods and, if you eat them, low-fat dairy products.

4. Make every grain count. Stock your pantry with low fat grains loaded with antioxidants such as wild and brown rice's, bulgur, millet, quinoa and faro. They've got better flavor, more fiber and lots more anti-aging nutrients.

Want to stay youthful? Eat the right foods for beautiful skin, taut muscles and a trimmer waistline. But

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