

DR.ROSS

D3FY

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5 RULES FOR EATING IN COLOR

1. Eat color often.

Antioxidants don't stay in our bodies very long, and we are constantly being barraged by damaging free radicals. It seems that nearly everything causes oxidative stress, from pollution, cigarette smoke, and the sun's rays to innocuous-seeming activities like eating, breathing, and exercising. So it's smart to pack some color into your diet daily, preferably with each meal. I like to think of the antioxidants in colorful fruits and vegetables as my own personal security detail.

2. Don't be monochrome.

It's easy to get into a routine and just start eating kale salads every day. Yes, kale's great for you, but it's not going to give you a full complement of nutrients. Mix it up! Just like an all-black wardrobe can be boring, so can an all-green diet.

3. Go beyond your comfort zone.

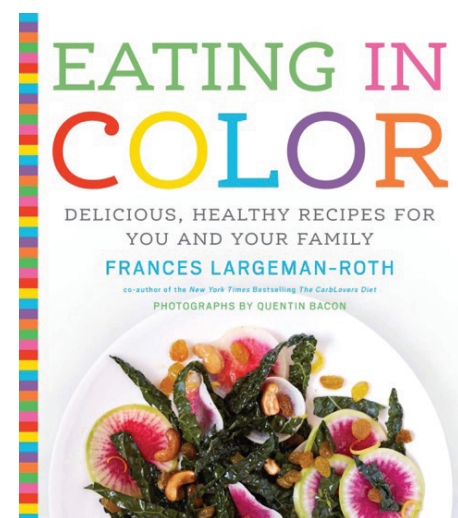
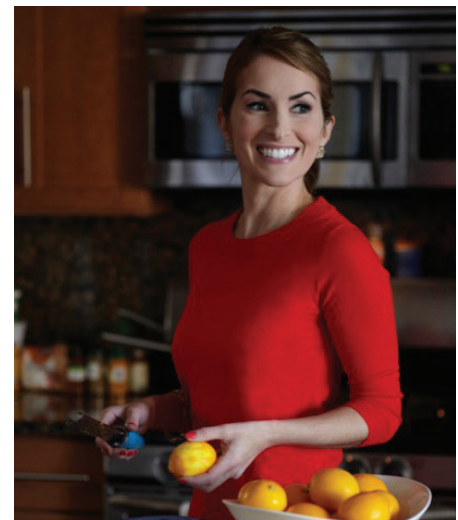
Even if the idea of mustard greens really freaks you out, try them once. If you don't like them, you're out less money than you'd pay for a new lipstick. Seems like a good deal to me!

4. Make a date with your kitchen.

It's easy to pick up lots of healthy produce, but then deadlines, fatigue, and hungry kids can get the better of you, and those crispy greens start to wilt along with your motivation to cook them. I find that it's just as important to set aside time to cook as it is to have the ingredients on hand. You might need to cook early in the morning, during naptime, or even late at night—whatever works for you. Use your smart phone to block out some time to cook and set an alarm. Seriously! Most of the recipes in *Eating in Color* are great at room temperature or reheated, so it's fine to make them in advance.

5. Move it.

I don't care what you do, but work up a sweat at least three times a week for 30 to 45 minutes (60 is ideal). Zumba, power walking, gardening, swimming, snowshoeing—whatever gets that heart pumping. It all counts! And if you have kids, make sure they see you in your sweaty workout gear. Just like it's important to have them see you eat your broccoli, you set the best example for your kids by being active.



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