

## Eating a Well-Balanced Diet Boosts Health and Well-Being

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HEALTH

Fall season brings with it a variety of initiatives that support healthy eating. It's a great month for businesses and individuals to reevaluate health priorities.

In association with the harvest season, the [Whole Grains Council](#), a nonprofit consumer advocacy group, is working to increase consumption of whole grains for better health. The most recent Dietary Guidelines for Americans, released in 2015, recommends 3 full servings, or 3 ounces, of whole grains a day for adults and two servings for children. A slice of whole-grain bread, 1/3 cup cooked brown rice or whole-wheat pasta equals 1 serving. The average American eats less than one daily serving of whole grains — and some studies show that the

diets of over 40% of Americans include no measurable whole grains .



The Whole Grains Council suggests that Americans can increase whole grains into their diets by making substitutions, trying new foods and experimenting with new recipes. Recommendations include:

- Switch half the white flour to whole wheat flour in recipes for cookies, pancakes, bread
- Use whole corn meal for cornbread and muffins
- Choose a whole-grain salad, such as tabbouleh
- Buy whole-grain pasta or rice
- Cook risotto or other rice-like dishes such as quinoa, bulgur or brown rice



**Eating whole grains plays an important role in healthy teeth and gums. According to the Journal of Dental Research, 2018 Aug 3, some evidence suggests that whole grains lower the risk of oral cancer and gum infection (periodontitis) — and that refined grains may significantly increase cavities. However, additional research is needed.**

**In addition to whole grains, eating a colorful variety of fruits and vegetables each day can also play an important role in overall health. As children are returning to school, the Fruits & Veggies More Matters program is making a national call to action encouraging Americans to eat more fruits and vegetables. Their recommendation is to make sure meals and snacks are made up of half fruits and vegetables.**



[Healthfinder.gov](https://www.healthfinder.gov) suggests that people who also eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk of:

- Heart disease
- Type 2 diabetes
- Some types of cancer
- Obesity
- High blood pressure

According to the US National Library of Medicine National Institutes of Health, scientists analyzed the eating habits and brain volume (using MRIs) of more than 4,000 adults without dementia. Eating plenty of vegetables, fruits, whole grains, nuts, dairy, and fish, and drinking fewer sugary drinks was linked with larger brain volumes. Healthier diets were also linked with more gray matter, white matter, and hippocampal volume in the brain.

Incorporating whole grains, fruits, and vegetables into daily meals can improve health today and prevent health problems tomorrow. Healthy YOU Vending is an advocate for disease prevention and provides healthier food options for busy lifestyles.

For more information about Healthy YOU Vending, its entrepreneurial philosophy and the HealthyYOU difference, go to [www.healthyyou vending.com](http://www.healthyyou vending.com)



### **Healthy YOU Vending**

Healthy YOU Vending is the world leader in the healthy vending industry. With their corporate offices located in Kaysville, Utah, the Healthy YOU team is dedicated to making healthier snacks, drinks and food products more accessible to people across North America. Their vending equipment is privately manufactured in the United States at a state-of-the-art facility. Owner/Operator opportunities for serious-minded and health conscious entrepreneurs are currently available in most states.