

Perceive things as equitable, then anticipate justice prevailing.

— Cherie Carter-Scott, Ph.D.

New Food Pyramid — Do You Know What It Means?

By Marcie Gorman

You may already be aware of the new food pyramid, released in January 2005 by the US Department of Agriculture along with the new, updated Dietary Guidelines for Americans 2005. The new pyramid has six colors that start at the tip and move down toward the base.

The main food groups are still represented. The orange band (1) represents grains. The USDA recommends you make half of your grains whole grains. The other type of grain is “refined.” Refined grains have been milled, a process that removes the bran and germ—which removes the dietary fiber, iron, and many B vitamins.



The green band (2) is for vegetables. You should vary your vegetable intake to include dark green veggies, orange veggies and add more dry beans and peas.

The red band (3) represents fruits. You should eat a variety of fruit. Include fresh, frozen, canned or dried fruit in your diet; and limit fruit juices—which may contain added sugar—unless they are 100% fruit juices.

The smallest band, the yellow one (4), is for oils. This represents a big change in the Dietary Guidelines for Americans. Instead of making all fats “bad,” the new Guidelines emphasize that intake of trans fats should be as low as possible and that saturated fat should be limited. You should make most of your fat sources from fish, nuts, and vegetable oils. Limit solid fats such as butter, beef fat, chicken fat, pork fat, stick margarine and shortening.

The blue band (5) represents milk. You should choose low-fat or fat-free milk products. If you don’t or can’t consume milk, choose lactose-free products or other calcium sources.

The purple band (6) is for meat and

beans. You should choose lean meat products such as low-fat or lean meats and poultry. Meats should be baked, broiled or grilled—frying adds unwanted fat! As with everything else, vary your meat choices to include more fish, beans, peas, nuts and seeds—all excellent sources of protein!

The other big change is the addition of stairs on the left side of the pyramid with a person climbing the stairs. This represents a new emphasis in the Dietary Guidelines on controlling your weight. They still recommend exercise. You should be active for at least 30 minutes most days of the week.

For more detailed information on the new Dietary Guidelines for Americans 2005 and the new Food Pyramid, click on www.mypyramid.gov. This website, part of the US Department of Agriculture website, contains many interactive components that include a personalized pyramid, “MyPyramid” and “MyPyramid Tracker,” an online dietary and physical activity assessment tool that provides information on your diet quality, physical activity status, related nutrition messages, and links to nutrient and physical activity information.

Marcie Gorman is President and CEO of Weight Watchers of Palm Beach County, Inc., the area from Boca Raton to Titusville. Weight Watchers is America’s trusted name in weight loss and the global leader in weight-loss services, with approximately 46,000 weekly meetings in 30 countries. Weight Watchers’ mission is to help people reach and maintain a healthy weight. At the heart of Weight Watchers are weekly meetings which provide the coaching and tools to help people make the positive changes required to lose weight and keep it off. Weight Watchers also offers two subscription products for people wanting to follow Weight Watchers online. To learn more, call 1-800-651-6000 or log on to the Weight Watchers of Palm Beach County, Inc. website at www.wwpbc.com.

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CHANGING YOUR MIND FOR GOOD

The Fast Phobia Relief Technique (Steps 1-3)

Part of a series

Most of us “learn to be phobic” in just one event that seemed (or actually was) dangerous...which is an example of how fast we learn some things. Some part of our brain believes that by continuing the phobic response, it is protecting us from the danger (real or not). Therapists want us to keep a sense of protection but they use this technique to “update” the brain’s stored information so that future reactions are more appropriate.

In this article and the next, I present six steps for “updating” your information.

1-Imagine that you are facing a large movie screen and “see” (eyes closed is best) a black and white photo of you on screen.

2-Float...right out of your body...into the projection booth...still “seeing” your body in the seat down front and the photo on the screen.

3-At this point, you are “protected” in the projection room...but able to watch a younger you in a black and white film—going through a traumatic phobia-causing situation. Imagine

watching the entire event of this younger you as though it was a TV program or film, “watch it” from BEFORE the event occurred and keep observing until you are beyond the end of it...letting things get “back to normal.”

You should feel fully detached from the film. If not, imagine the movie screen to be smaller, farther away, make the picture “grainier” when you START the film. Be sure to STOP the film after it plays through the event, leaving only a “freeze frame” image of your “new” self on the screen.

Next month: Conclusion of Fast Phobia Relief: Steps 4-6

*This entire series is available on the Internet or through requesting back copies at \$1 each.

Chuck Domm is a Diplomat in Integrative Medical Health Care/Naturapathic Hypnotist and Grandmaster of Hypno-Reiki. He can be reached at 954-319-2911, or email him at okingdom@aol.com



Charles Domm

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