

EAT MORE OFTEN Most of us grew up on three meals a day. But if three is good, five is better. Eating smaller meals more frequently gives your digestive system the opportunity to optimally absorb the nutrients to fuel your body. When you eat smaller portions four or five times a day, you are delivering a steady stream of blood sugar, nutrients and energy to your body throughout the day. Eating this way is much less taxing on the digestive and metabolic systems and also reduces your risk of heart disease. And take this into consideration: Eating throughout the day prevents you from becoming famished and overeating at your next meal. *(LifeScript)*

EAT BROWN RICE Why? Because it is an excellent addition to any meal. It has a rich, chewy texture that is great as a side dish; mixed with beans, herbs, vegetables, or chicken; or added to a burrito or soup. A serving of brown rice is a great source of selenium, which can cut your cancer and heart disease risk. Because it contains 2 milligrams of vitamin E, it's an excellent antioxidant that helps repair your muscles. It also helps lower cholesterol and reduces the risk of metabolic syndrome, which can lead to obesity, diabetes and high blood pressure. So ditch the white rice, which is a refined grain linked to weight gain. Brown rice pairs well with almost any entrée chicken, beef, pork, tofu, veggies, etc. so don't be afraid and give it a try tonight! *(LifeScript)*

DO YOU KNOW what a container's expiration date means? Rather than telling the moment food will go bad, dates stamped on packages define when it's at peak

quality. Fact is, no laws even require manufacturers to date-stamp foods, with two exceptions: infant formula and some varieties of baby food. Here's what the most common date codes mean. **Best If Used By and Use By means** foods will stay fresh and taste and look their best until these dates. (Don't buy or use baby formula or baby food after its Use By date.)

Expiration means food probably isn't edible after this date, so to be safe, throw it out. **Sell By or Pull By means** that

stores should remove products by this date; they may be edible for up to a week afterward. (*Prevention*)