

*****PLEASE NOTE: DR. MURPHY SAYS THIS IS JUST ONE EXAMPLE OF A HEALTHY EATING PLAN. ALWAYS CONSULT YOUR PHYSICIAN BEFORE MAKING ANY CHANGES TO YOUR DIET OR BEFORE STARTING AN EXERCISE PLAN*****

This is the email Dr. Murphy sent me in February 2012. I ditched my platter, switched to a salad plate and started eating good foods immediately. I read what the mayo clinic had to say and then adjusted their suggestions to food I like to eat that are similar to the ones in the article.

<http://www.mayoclinic.org/mediterranean-diet/ART-20047801>

The guidelines in this diet plan are easy to follow one has to eat to lose weight, one has to eat for energy to exercise. We are just eating the wrong foods.

Make some small changes when you are mentally ready to improve your health. Sample menu to mix and match

Breakfast

Bowl of cereal

Organic skim milk.....taste better less calories and does not go rancid Cut up a piece of favorite fruit add to cereal

Snack apple with a handful only of your favorite nuts Drink water after eating each meal drink water before each meal and snack

Lunch

Grilled chicken sandwich

Salad with teaspoon only of your favorite dressing

Snack 3pm

Yogurt low fat with small handful of nuts

Dinner

Salad with teaspoon only of salad dressing or veggies

3 ounces of favorite meat(fish, chicken, turkey or lean red meat)..... baked broiled or grilled Or..... beans and rice bowl Half of baked potato with 1/2 teaspoon of topping with meats only

Exercise: Walk 5 minutes a day in your building in the morning in the afternoon and if you are there in the evening walk 5 minutes also.

These mini breaks are good for your heart as well as helping the body burn calories.