



## Suggestions for a Simple Diet

1. Fresh fruit salads can include a wide variety of fruits.
2. Microwave, steam, or boil frozen vegetables in a small amount of water. Season with a bit of salt and olive oil. Prepared in that way they are quite tasty, simple, and healthy.
3. Beans can be cooked in a slow cooker and served over 100% whole grain toast with a fresh salad as a meal. Bean recipes might be included with the cooker at purchase, or, as usual, you can find recipes online. Beano might come in handy!
4. One hundred percent whole grain bread with a nut butter is a treat and even better with a little honey added.
5. Overly rich food is produced by adding free sugar or oil or both to make a calorie-dense food leading to three problems:
  - It is difficult to digest.
  - It supplies more calories than are healthy to eat.
  - The concentrated sugar/fat tempts the appetite and leads to overconsumption.
6. Mixing different ingredients to make a single dish is something to watch. If the ingredients work well together and digest well, there is no concern. But if you experience indigestion as a result, then you have learned something to avoid. No one does scientific research on this sort of thing so one simply has to view such creations as experiments and learn from them.
7. The “cafeteria effect” (serving many different kinds of food on the table at a single meal) makes it extremely easy to overeat. Even animals respond to this by eating more. Too much food promotes weight gain and may cause indigestion as well.