

The Daily Transcript

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Eating Right - Not a Fad, but a Healthy Lifestyle

Ghostwritten for Susan Johnson, CEO of Susan's Healthy Gourmet

As a busy professional, you don't always have time to eat three balanced meals a day. It's much easier to grab a quick snack or throw a frozen dinner into the microwave. Remember that old saying, "You are what you eat"? Well, it's true. If you want to be successful in your life, then it's time to start eating foods that foster success.

Even if you exercise daily, an unhealthy diet can undermine all the hard work you're putting in to your body, not to mention what it can do to your head. Healthy eating gives you more energy, helps you think clearly and, along with regular exercise, helps you to lose those extra pounds and maintain your weight.

Eating processed foods and sugary snacks puts your body on an energy roller coaster. The sugars and extra carbs will give you an initial burst of energy but when you come crashing down, you'll feel lethargic and drained. And worst of all, you'll crave exactly what made you feel that way in the first place – more sugar and more carbs.

Processed foods like frozen meals may appear deceiving with claims of low fat and calorie content. And "fat free" foods are chock full of chemicals and can be loaded with calories. Don't be fooled. Take a good, long look at the list of preservatives and calories on the ingredients panel. These additives are unhealthy and can contain toxic chemicals, and the last thing you need is a slew of added calories.

If you're working long hours, as many of us do, you need fuel that will keep your brain sharp and your body full of energy. Fresh foods, including fruits, vegetables and whole grains, can give you the extra energy you need to get through those long workdays.

Being successful is not just about climbing the corporate ladder. It's also about leading a healthy lifestyle. If you're eating right and exercising regularly, you're more likely to be successful in your career. And you'll feel better, too.