

The other culprit in higher triglycerides is refined starches—white flour, white bread, white pasta, white rice and cereals that contain little to no fiber. Whenever you can, substitute high-fiber and whole-grain versions for these.

Here's another very important reason to stick to a plant-based diet: maintaining healthy blood pressure. A diet high in fat and sodium can actually cause your arteries to spasm and constrict, reducing blood flow for up to six hours after a meal.

As you start making simple changes to your diet, remember the power of exercise, which actually cleans your body of toxins and wastes. You can also treat yourself to a massage, which is equally valuable. Think of eating healthier and exercising as being all about love, family, and of course, long life. Start celebrating life today by making healthy choices.

About Haven Hospice

Haven Hospice is North Florida's expert in end-of-life and palliative care and is one of three 2008 Circle of Life Award[®] winners nationwide to be recognized as leaders in improving the care of patients near the end of life or with life-threatening conditions. Haven Hospice has also been recognized as a Florida Pacesetter for its leadership in promoting living wills. Haven Hospice has served more than 50,000 patients and families since 1979 and has been licensed in Florida as a not-for-profit hospice since 1980. For more information, visit www.havenhospice.org, or call 800.727.1889.

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