Grains

6 – 11 Servings

Grains include bread, pasta, noodles, rice, and cereal. Foods from this group have fiber, carbs, and other nutrients. According to the food pyramid, 6 – 11 servings daily is ideal, for optimal health.

My Foods

Fats, Salts, Sugars, and Oils

1 Serving

I don’t typically eat very many foods out of this group, but like chocolate bites, cookies, skittles, and brownies. It should tell you on the packaging as far as what one serving is. For chocolate bites, it’s usually one or two. A handful of skittles (maybe 20 – 30 of them) is one serving. One cookie or brownie is one serving. Your body needs fat, but it doesn’t need very much. Also, whatever fats your body needs should be obtained by eating other, healthier food.

Meats

2 Servings

Meat tastes extremely good, and you can get a lot of it for a cheap price in grocery stores, which is a lot of the reason people constantly eat too much of it. Your body needs some fat, in order to remain healthy, along with protein and carbs, but most meat will usually have too much fat in it. That’s why only 2 servings of meat should suffice.

Dairy

3 Servings

Dairy products are also cheap and tasty. However, just like meats, they tend to have too much fat in them. They do contain a few nutritious elements, like vitamins, calcium, and other health benefits, but 3 servings a day is plenty.
Water is different than other drinks, because of its purity, its many uses, its wide availability, and its ability to flush the toxins and impurities out of your body. There are good and bad kinds of water. The absolute best kind of water will come from nature (a spring). It’s free, and there aren’t any impurities in it. Freshwater is good. Saltwater is bad. The salt actually dehydrates your body, making you thirstier.

Tap water would be good for you, if it didn’t have all that chlorine in it. It’s actually healthier for you, than bottled water. Tap water is cheaper, too. Bottled water contains some impurities in it. These impurities are measured in PPM, or parts per million, and they simply can’t all be filtered out. So for every million parts of water, there would be one part toxin / impurity. Bottled water also contains BPAs (stands for a certain harmful chemical, called Bisphenol A), that rub off from the inside of the plastic.

Well water has sulfur in it, along with other pollutants, microorganisms, household waste, fluoride, lead, and copper, just to name a few.

The main reason why people drink bad water is simply because they don’t know of all the harmful pollutants that are in them. Lots of people would rather drink bottled water than tap water, simply because bottled water doesn’t have any chlorine in it.

I would recommend grabbing some gallon water jugs, finding a water spring, and then stocking up on a few gallons of spring water (perhaps enough to last you a week or so). In fact, you’ll feel a lot better, and you won’t get sick, from the pollutants found in the other types of water.

Drinking 8 – 10 8 oz. cups of fluids (not just water) a day is recommended. But, if your body can only accept 3 or 4, that’s okay. I would recommend at least 3 cups of water (spring water) a day.

Other Healthy Drinks

Milk

There are a few different types of milk. There’s white milk, chocolate, and strawberry (and probably, some other weird brands). There are other forms of milk, like muscle milk, but I wouldn’t worry about those. Out of white milk, chocolate milk, and strawberry milk, white milk is the healthiest.

There’s also different percentages of milkfat to consider. There’s non – fat, 1%, 2%, and 4% (4% is whole milk). Out of these, there are some arguments, as to which is truly the healthiest. I’ve heard
To perform this exercise, look down, and in front of you. Let your gaze then rise, to the center. Perform this exercise 10 times.

**From up to down**

With this exercise, you start by looking upward, and in front of you, then sink your gaze, to downward and in front of you. Perform this exercise 10 times.

**Rotate eye movements, in clockwise circles**

To perform this exercise, slowly rotate your eyes in a clockwise circle, looking up, up and left, left, down and left, down, down and right, right, up and right, and then back up, to complete the circle. Perform this exercise 10 times.

**Counterclockwise circles**

With this exercise, simply go the other way, rotating your eyes in counterclockwise circles. Perform this exercise 10 times.

**Focus on an object close to you, then another object a little further away**

To perform this exercise, focus on an object near you, and then focus on an object a little bit further away. Keep increasing the distance of your focus points, for a better, more difficult exercise. Perform this exercise 10 times.

**Varying focus points**

With this exercise, apply the same principle as the previous exercise. Focus on an object in front of you, then one higher than that object, then one lower than the initial object, closer, further away, to the left of, to the right of, etc. Perform this exercise 10 times.

**Hard blinking**

To perform this exercise, blink both eyes, as hard as you can. You can blink them softly, but hard blinking is more of a workout. Perform this exercise 10 times.

**Reading**