

TIPS TO STUDENTS FOR CA EXAMS.

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Before you study for your next exam, you might want to use a few strategies to boost your memory of important information. There are a number of tried and tested techniques for improving memory. These strategies have been established within cognitive psychology literature and offer a number of great ways to improve memory, enhance recall, and increase retention of information.

1. Focus your attention on the materials you are studying.

Attention is one of the major components of memory. In order for information to move from short-term memory into long-term memory, you need to actively attend to this information. Try to study in a place free of distractions such as television, music, and other diversions.

2. Avoid cramming by **establishing regular study sessions**.

According to Bjork (2001), studying materials over a number of sessions gives you the time you need to adequately process the information. Research has shown that students who study regularly remember the material far better than those who did all of their studying in one marathon session.

3. **Structure and organize the information** you are studying.

Researchers have found that information is organized in memory in related clusters. You can take advantage of this by structuring and organizing the materials you are studying. Try grouping similar concepts and terms together, or make an outline of your notes and textbook readings to help group related concepts.

4. **Utilize mnemonic devices** to remember information.

Mnemonic devices are a technique often used by students to aid in recall. A mnemonic is simply a way to remember information. For example, you might associate a term you need to remember with a common item that you are very familiar with. The best mnemonics are those that utilize positive imagery, humor, or novelty. You might come up with a rhyme, song, or joke to help remember a specific segment of information.

5. **Elaborate and rehearse the information** you are studying.

In order to recall information, you need to encode what you are studying into long-term memory. One of the most effective encoding techniques is known as elaborative rehearsal. An example of this technique would be to read the definition of a key term, study the definition of that term, and then read a more detailed description of what that term means. After repeating this process a few times, your recall of the information will be far better.

6. **Relate new information to things** you already know.

When you are studying unfamiliar material, take the time to think about how this information relates to things that you already know. By establishing relationships between new ideas and previously existing memories, you can dramatically increase the likelihood of recalling the recently learned information.

7. **Visualize concepts** to improve memory and recall.

Many people benefit greatly from visualizing the information they study. Pay attention to the photographs, charts, and other graphics in your textbooks. If you don't have visual cues to help, try creating your own. Draw charts or figures in the margins of your notes or use highlighters or pens in different colors to group related ideas in your written study materials.

8. Teach new concepts to another person.

Research suggests that reading materials out loud significantly improves memory of the material. Educators and psychologists have also discovered that having students actually *teach* new concepts to others enhances understanding and recall. You can use this approach in your own study by teaching new concepts and information to a friend or study partner.

9. Pay extra attention to difficult information.

Have you ever noticed how it's sometimes easier to remember information at the beginning or end of a chapter? Researchers have found that the position of information can play a role in recall, which is known as the serial position effect. While recalling middle information can be difficult, you can overcome this problem by spending extra time rehearsing this information or try restructuring the information so it will be easier to remember. When you come across an especially difficult concept, devote some extra time to memorizing the information.

10. Vary your study routine.

Another great way to increase your recall is to occasionally change your study routine. If you are accustomed to studying in one specific location, try moving to a different spot to study. If you study in the evening, try to spend a few minutes each morning reviewing the information you studied the previous night. By adding an element of novelty to your study sessions, you can increase the effectiveness of your efforts and significantly improve your long-term recall.

Improving Your Memory

Tips and Techniques for Memory Enhancement



If our brains were computers, we'd simply add a chip to upgrade our memory. However, the human brain is more complex than even the most advanced machine, so improving human memory requires slightly more effort.

Just like muscular strength, your ability to remember increases when you exercise your memory and nurture it with a good diet and other healthy habits. There are a number of steps you can take to improve your memory and retrieval capacity. First, however, it's helpful to understand *how* we remember.

What is memory?

Simply put, memory is the mental activity of recalling information that you have learned or experienced. That simple definition, though, covers a complex process that involves many different parts of the brain and serves us in disparate ways.

Memory can be short-term or long-term. In short-term memory, your mind stores information for a few seconds or a few minutes: the time it takes you to dial a phone number you just looked up or to compare the prices of several items in a store. Such memory is fragile, and it's meant to be; your brain would soon read "disk full" if you retained every phone number you called, every dish you ordered in a restaurant, and the subject of every ad you watched on TV. Your brain is also meant to hold an average of seven items, which is why you can usually remember a new phone number for a few minutes but need your credit card in front of you when you're buying something online.

Long-term memory involves the information you make an effort (conscious or unconscious) to retain, because it's personally meaningful to you (for example, data about family and friends); you need it (such as job procedures or material you're studying for a test); or it made an emotional impression (a movie that had you riveted, the first time you ever caught a fish, the day your uncle died). Some information that you store in long-term memory requires a conscious effort to recall: episodic memories, which are personal memories about experiences you've had at specific times; and semantic memories (factual data not bound to time or place), which can be everything from the names of the planets to the color of your child's hair. Another type of long-term memory is procedural memory, which involves skills and routines you perform so often that they don't require conscious recall.

Certain areas of the brain are especially important in the formation and retention of memory:

The hippocampus, a primitive structure deep in the brain, plays the single largest role in processing information as memory.

The amygdala, an almond-shaped area near the hippocampus, processes emotion and helps imprint memories that involve emotion.

The cerebral cortex, the outer layer of the brain, stores most long-term memory in different zones, depending on what kind of processing the information involves: language, sensory input, problem-solving, and so forth.

In addition, memory involves communication among the brain's network of neurons, millions of cells activated by brain chemicals called neurotransmitters.

Stages of memory foundation and maintenance

There are three stages that the brain goes through in forming and retaining memories.

Stages of Memory Foundation and Maintenance		
Acquisition →	Consolidation →	Retrieval
New information enters your brain along pathways between neurons in the appropriate area of the brain. The key to encoding information into your memory is concentration ; unless you focus on information intently, it goes “in one ear and out the other.” This is why teachers are always nagging students to pay attention!	If you’ve concentrated well enough to encode new information in your brain, the hippocampus sends a signal to store the information as long-term memory. This happens more easily if it’s related to something you already know, or if it stimulates an emotional response.	When you need to recall information, your brain has to activate the same pattern of nerve cells it used to store it. The more frequently you need the information, the easier it is to retrieve it along healthy nerve cell connections.

Tips for memory improvements

Do you feel that you have a poor memory? You may just have some less-than-effective habits when it comes to taking in and processing information. Barring disease, disorder, or injury, you can improve your ability to learn and retain information.

Brain exercises

Memory, like muscular strength, is a “**use it or lose it**” proposition. The more you work out your brain, the better you’ll be able to process and remember information. Novelty and sensory stimulation are the foundation of brain exercise. If you break your routine in a challenging way, you’re using brain pathways you weren’t using before. This can involve something as simple as brushing your teeth with your nondominant hand, which activates little-used connections on the nondominant side of your brain. Or try a “neurobic” exercise – an aerobic exercise for your brain – that forces you to use your faculties in unusual ways, like showering and getting dressed with your eyes closed. Take a course in a subject you don’t know much about, learn a new game of strategy, or cook up some recipes in an unfamiliar cuisine. That’s the most effective way to keep your synapses firing.

General guidelines to improve memory

In addition to exercising your brain, there are some basic things you can do to improve your ability to retain and retrieve memories:

1. **Pay attention.** You can’t remember something if you never learned it, and you can’t learn something — that is, encode it into your brain — if you don’t pay enough attention to it. It takes about eight seconds of intent focus to process a piece of information through your hippocampus and into the appropriate memory center. So, **no multitasking** when you need to concentrate! If you distract easily, try to receive information in a quiet place where you won’t be interrupted.
2. Tailor information acquisition to your learning style. Most people are visual learners; they learn best by reading or otherwise seeing what it is they have to know. But some

are auditory learners who learn better by listening. They might benefit by recording information they need and listening to it until they remember it.

3. Involve as many senses as possible. Even if you're a visual learner, read out loud what you want to remember. If you can recite it rhythmically, even better. Try to relate information to colors, textures, smells and tastes. The physical act of **rewriting information** can help imprint it onto your brain.
4. Relate information to what you already know. Connect new data to information you already remember, whether it's new material that builds on previous knowledge, or something as simple as an address of someone who lives on a street where you already know someone.
5. Organize information. Write things down in address books and datebooks and on calendars; take notes on more complex material and reorganize the notes into categories later. Use both words and pictures in learning information.
6. Understand and be able to interpret complex material. For more complex material, focus on understanding basic ideas rather than memorizing isolated details. Be able to explain it to someone else in your own words.
7. Rehearse information frequently and "over-learn". **Review what you've learned the same day you learn it, and at intervals thereafter.** What researchers call "spaced rehearsal" is more effective than "cramming." If you're able to "over-learn" information so that recalling it becomes second nature, so much the better.
8. Be motivated and keep a positive attitude. Tell yourself that you *want* to learn what you need to remember, and that you *can* learn and remember it. Telling yourself you have a bad memory actually hampers the ability of your brain to remember, while positive mental feedback sets up an expectation of success.

Mnemonic devices to improve memory

Mnemonics (the initial "m" is silent) are clues of any kind that help us remember something, usually by causing us to associate the information we want to remember with a visual image, a sentence, or a word.

Common types of mnemonic devices include:

1. Visual images - a microphone to remember the name "Mike," a rose for "Rosie." Use positive, pleasant images, because the brain often blocks out unpleasant ones, and make them vivid, colorful, and three-dimensional — they'll be easier to remember.
2. Sentences in which the first letter of each word is part of or represents the initial of what you want to remember. Millions of musicians, for example, first memorized the lines of the treble staff with the sentence "Every good boy does fine" (or "deserves favor"), representing the notes E, G, B, D, and F. Medical students often learn groups of nerves, bones, and other anatomical features using nonsense sentences.
3. Acronyms, which are initials that creates pronounceable words. The spaces between the lines on the treble staff, for example, are F, A, C, and E: FACE.
4. Rhymes and alliteration: remember learning "30 days hath September, April, June, and November"? A hefty guy named Robert can be remembered as "Big Bob" and a smiley co-worker as "Perky Pat" (though it might be best to keep such names to yourself).

5. Jokes or even off-color associations using facts, figures, and names you need to recall, because funny or peculiar things are easier to remember than mundane images.
6. "Chunking" information; that is, arranging a long list in smaller units or categories that are easier to remember. If you can reel off your Social Security number without looking at it, that's probably because it's arranged in groups of 3, 2, and 4 digits, not a string of 9.
7. "Method of loci": This is an ancient and effective way of remembering a lot of material, such as a speech. You associate each part of what you have to remember with a landmark in a route you know well, such as your commute to work.

Healthy habits to improve memory

Treating your body well can enhance your ability to process and recall information.

Healthy Habits that Improve Memory

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| Regular exercise | <ul style="list-style-type: none"> • Increases oxygen to your brain. • Reduces the risk for disorders that lead to memory loss, such as diabetes and cardiovascular disease. • May enhance the effects of helpful brain chemicals and protect brain cells. |
| Managing stress | <ul style="list-style-type: none"> • Cortisol, the stress hormone, can damage the hippocampus if the stress is unrelieved. • Stress makes it difficult to concentrate. |
| Good sleep habits | <ul style="list-style-type: none"> • Sleep is necessary for memory consolidation. • Sleep disorders like insomnia and sleep apnea leave you tired and unable to concentrate during the day. |
| Not smoking | <ul style="list-style-type: none"> • Smoking heightens the risk of vascular disorders that can cause stroke and constrict arteries that deliver oxygen to the brain. |

Nutrition and Memory improvement

You probably know already that a diet based on fruits, vegetables, whole grains, and "healthy" fats will provide lots of health benefits, but such a diet can also improve memory. Research indicates that certain nutrients nurture and stimulate brain function.

- B vitamins, especially B6, B12, and folic acid, protects neurons by breaking down homocysteine, an amino acid that is toxic to nerve cells. They're also involved in making red blood cells, which carry oxygen. (Best sources: spinach and other dark leafy greens, broccoli, asparagus, strawberries, melons, black beans and other legumes, citrus fruits, soybeans.)
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- Antioxidants like vitamins C and E, and beta carotene, fight free radicals, which are atoms formed when oxygen interacts with certain molecules. Free radicals are highly

- reactive and can damage cells, but antioxidants can interact with them safely and neutralize them. Antioxidants also improve the flow of oxygen through the body and brain. (Best sources: blueberries and other berries, sweet potatoes, red tomatoes, spinach, broccoli, green tea, nuts and seeds, citrus fruits, liver.)
- Omega-3 fatty acids are concentrated in the brain and are associated with cognitive function. They count as “healthy” fats, as opposed to saturated fats and trans fats, protecting against inflammation and high cholesterol. (Best sources: cold-water fish such as salmon, herring, tuna, halibut, and mackerel; walnuts and walnut oil; flaxseed and flaxseed oil)
 - Because older adults are more prone to B12 and folic acid deficiencies, a supplement may be a good idea for seniors. An omega-3 supplement (at any age) if you don't like eating fish. But nutrients work best when they're consumed in foods, so try your best to eat a broad spectrum of colorful plant foods and choose fats that will help clear, not clog, your arteries. Your brain will thank you!

Memory and aging

Several factors cause aging brains to experience changes in the ability to retain and retrieve memories:

- The hippocampus is especially vulnerable to age-related deterioration, and that can affect how well you retain information.
- There's a relative loss of neurons with age, which can affect the activity of brain chemicals called neurotransmitters and their receptors.
- An older person often experiences decreased blood flow to the brain and processes nutrients that enhance brain activity less efficiently than a younger person.

However, in healthy older adults, these changes represent more of a *slowing* in the ability to absorb, store, and retrieve new information, not a loss. The factual information you've accumulated over the years remains largely intact, as does procedural memory. You can make and recall new long-term memories; the process just takes a little longer.

Of course, some older adults do develop more significant problems with memory that are the result of diseases such as Alzheimer's or stroke; injury; poor nutrition; other physiological issues; or emotional problems

Easy Tips for Planning a Healthy Diet and Sticking to It

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible— all of which can be achieved by learning some

nutrition basics and using them in a way that works for you.

Healthy eating begins with learning how to “eat smart”—it’s not just *what* you eat, but *how* you eat. Your food choices can reduce your risk of illnesses such as heart disease, cancer, and diabetes as well as defend against depression. Additionally, learning the habits of healthy eating can improve your health by boosting your energy, sharpening your memory and stabilizing your mood. Expand your range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet.

Healthy eating tip 1: Set yourself up for success

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

- Simplify. Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety and freshness—then it should be easier to make healthy choices. Focus on finding foods you love and easy recipes that incorporate a few fresh ingredients. Gradually, your diet will become healthier and more delicious.
- Start slow and make changes to your eating habits over time. Trying to make your diet healthy overnight isn’t realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.
- Every change you make to improve your diet matters. You don’t have to be perfect and you don’t have to completely eliminate foods you enjoy to have a healthy diet. The long term goal is to feel good, have more energy and reduce the risk of cancer and disease. Don’t let your missteps derail you—every healthy food choice you make counts.

Think of exercise as a food group in your diet.

Find something active that you like to do and add it to your day, just like you would add healthy greens, blueberries or salmon. The benefits of lifelong exercise are abundant and regular exercise may even motivate you to make healthy food choices a habit.

Healthy eating tip 2: Moderation is key

People often think of healthy eating as an all or nothing proposition, but a key foundation for any healthy diet is moderation. Despite what certain fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fiber, vitamins, and minerals to sustain a healthy body.

- Try not to think of certain foods as “off limits.” When you ban certain foods or food groups, it is natural to want those foods more, and then feel like a failure if you give

in to temptation. If you are drawn towards sweet, salty or unhealthy foods, start by reducing portion sizes and not eating them as often. Later you may find yourself craving them less or thinking of them as only an occasional indulgence.

- Think smaller portions. Serving sizes have ballooned recently, particularly in restaurants. When dining out, choose a starter instead of an entrée, split a dish with a friend and don't order supersized anything. At home, use smaller plates, think about serving sizes in realistic terms and start small. Visual cues can help with portion sizes—your serving of meat, fish or chicken should be the size of a deck of cards. A teaspoon of oil or salad dressing is about the size of a matchbook and your slice of bread should be the size of a CD case. (see resources for more serving size tips)

Healthy eating tip 3: It's not just what you eat, it's how you eat

Healthy eating is about more than the food on your plate—it is also about how you *think* about food. Healthy eating habits can be learned and it is important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids.

- Eat with others whenever possible. Eating with other people has numerous social and emotional benefits—particularly for children—and allows you to model healthy eating habits. Eating in front of the TV or computer often leads to mindless overeating.
- Take time to chew your food and enjoy mealtimes. Chew your food slowly, savoring every bite. We tend to rush through our meals, forgetting to actually taste the flavors and feel the textures of what is in our mouths. Reconnect with the joy of eating.
- Listen to your body. Ask yourself if you are really hungry, or have a glass of water to see if you are thirsty instead of hungry. During a meal, stop eating before you feel full. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly.
- Eat breakfast, and eat smaller meals throughout the day. A healthy breakfast can jumpstart your metabolism, and eating small, healthy meals throughout the day (rather than the standard three large meals) keeps your energy up and your metabolism going.

Healthy eating tip 4: Fill up on colorful fruits and vegetables



Fruits and vegetables are the foundation of a healthy diet—they are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants and fiber. Fruits and vegetables should be part of every meal, and be your first choice for a snack—aim for a minimum of five portions each day. The

antioxidants and other nutrients in fruits and vegetables help protect against certain types of cancer and other diseases.

Eat a rainbow of fruits and vegetables every day—the brighter the better.

The brighter, deeper colored fruits and vegetables contain higher concentrations of vitamins, minerals and antioxidants—and different colors provide different benefits. Some great choices are:

- **Greens:** Greens are packed with calcium, magnesium, iron, potassium, zinc, vitamins A, C, E and K, and they help strengthen the blood and respiratory systems. Be adventurous with your greens and branch out beyond bright and dark green lettuce—kale, mustard greens, broccoli, Chinese cabbage are just a few of the options.
- **Sweet Vegetables:** Naturally sweet vegetables add healthy sweetness to your meals and reduce your cravings for other sweets. Some examples of sweet vegetables are corn, carrots, beets, sweet potatoes or yams, winter squash, and onions.
- **Fruit:** A wide variety of fruit is also vital to a healthy diet. Fruit provides fiber, vitamins and antioxidants. Berries are cancer-fighting, apples provide fiber, oranges and mangos offer vitamin C, and so on.

Don't forget to shop fresh and local whenever possible

The local farmer's market, fruit stand or Community Supported Agriculture (CSA) group are great ways to get access to fresh, local produce. To find local growers, farmer's markets, and CSAs in your area, visit Local Harvest.

Avoid: Fruit juices, which can contain up to 10 teaspoons of sugar per cup; avoid or dilute with water. Canned fruit is often in sugary syrup, and dried fruit, while an excellent source of fiber, can be high in calories. Avoid fried veggies and those with dressings or sauces—too much unhealthy fat and calories.

Water—a vital part of a healthy diet

Water makes up about 75% of our bodies and helps flush our systems of waste products and toxins. Yet many people go through life dehydrated—causing tiredness, low energy and headaches.

Caffeinated beverages, in particular, actually cause the body to lose water. Fresh fruits and vegetables, on the other hand, contain plenty of water and can help with hydration, especially when you are looking for an alternative to your eighth glass of water for the day.

Healthy eating tip 5: Eat more healthy carbs and whole grains



Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. In addition to being delicious and satisfying, whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes. Studies have shown people who eat more whole grains tend to have a healthier heart.

A quick definition of healthy carbs and unhealthy carbs

Healthy carbs (sometimes known as good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly helping you feel full longer and keeping blood sugar and insulin levels stable.

Unhealthy carbs (or bad carbs) are foods such as white flour, refined sugar and white rice that have been stripped of all bran, fiber and nutrients. Unhealthy carbs digest quickly and cause spikes in blood sugar levels and energy.

- Include a variety of whole grains in your healthy diet, including whole wheat, brown rice, millet, quinoa, and barley. Experiment with different grains to find your favorites.
- Make sure you're really getting whole grains. Be aware that the words stone-ground, multi-grain, 100% wheat, or bran, don't necessarily mean that a product is whole grain. Look for the new Whole Grain Stamp. If there is no stamp look for the words "whole grain" or "100% whole wheat," and check the ingredients.
- Try mixing grains as a first step to switching to whole grains. If whole grains, like brown rice and whole wheat pasta, don't sound good at first, start by mixing what you normally use with the whole grains. You can gradually increase the whole grain to 100%.

Avoid: Refined grains such as breads, pastas, and breakfast cereals that are not whole grain.

Fiber—an essential component of a healthy diet

Dietary fiber, found in plant foods (fruit, vegetables and whole grains) is essential for maintaining a healthy digestive system. Fiber helps support a healthy diet by helping you feel full faster and for a longer amount of time, and keeping your blood sugar stable. A healthy diet contains approximately 20-30 grams of fiber a day, but most of us only get about half that amount.

The two types of fiber are soluble and insoluble.

- Soluble fiber can dissolve in water and can also help to lower blood fats and maintain blood sugar. Primary sources are beans, fruit and oat products.

- Insoluble fiber cannot dissolve in water, so it passes directly through the digestive system. It's found in whole grain products and vegetables.

Healthy eating tip 6: Enjoy healthy fats & avoid unhealthy fats

Good sources of healthy fat are needed to nourish your brain, heart and cells, as well as your hair, skin, and nails. Foods rich in certain omega-3 fats called EPA and DHA are particularly important and can reduce cardiovascular disease, improve your mood and help prevent dementia.

Add to your healthy diet:

- Monounsaturated fats, from plant oils like canola oil, peanut oil, and olive oil, as well as avocados, nuts (like almonds, hazelnuts, and pecans) and seeds (such as pumpkin, sesame).
- Polyunsaturated fats, including Omega-3 and Omega-6 fatty acids, found in fatty fish such as salmon, herring, mackerel, anchovies, sardines, and some cold water fish oil supplements. Other sources of polyunsaturated fats are unheated sunflower, corn, soybean, and flaxseed oils, and walnuts.

Reduce or eliminate from your diet:

- Saturated fats, found primarily in animal sources including red meat and whole milk dairy products.
- Trans fats, found in vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.

Healthy eating tip 7: Put protein in perspective



Protein gives us the energy to get up and go—and keep going.

Protein in food is broken down into the 20 amino acids that are the body's basic building blocks for growth and energy, and essential for maintaining cells, tissues and organs. A lack of protein in our diet can slow growth, reduce muscle mass, lower immunity, and weaken the heart and respiratory system. Protein is particularly important for children, whose bodies are growing and changing daily.

Here are some guidelines for including protein in your healthy diet:

Try different types of protein. Whether or not you are a vegetarian, trying different protein sources—such as beans, nuts, seeds, peas, tofu and soy products—will open up new options

for healthy mealtimes.

- Beans: Black beans, navy beans, garbanzos, and lentils are good options.
- Nuts: Almonds, walnuts, pistachios and pecans are great choices.
- Soy products: Try tofu, soy milk, tempeh and veggie burgers for a change.
- Avoid salted or sugary nuts and refried beans.

Downsize your portions of protein. Most people in the U.S. eat too much protein. Try to move away from protein being the center of your meal—focus on equal servings of protein, whole grains, and vegetables.

Focus on quality sources of protein, like fresh fish, chicken or turkey, tofu, eggs, beans or nuts. When you are having meat, chicken or turkey, buy meat that is free of hormones and antibiotics.

Complete, incomplete and complementary proteins

- A complete protein source—from animal proteins such as meat, poultry, fish, milk, cheese and eggs—provides all of the essential amino acids.
- An incomplete protein—from vegetable proteins like grains, legumes, nuts, seeds and beans—is low in one or more essential amino acids.
- Complementary proteins are two or more incomplete protein sources that together provide all of the essential amino acids your body needs. For example, rice and dry beans are each incomplete proteins, but together they provide all of the essential amino acids.
- Do complementary proteins need to be eaten in the same meal? Research shows that your body can combine complementary proteins that are eaten within the same day.
- Why are complete and complementary proteins important? Complete and complementary proteins that provide all of the essential amino acids will fill you up longer than carbohydrates because they break down more slowly in the digestive process.

Healthy eating tip 8: Add calcium & vitamin D for strong bones



Calcium and vitamin D are essential for strong, healthy bones—vitamin D is essential for optimum calcium absorption in the small intestine. Recommended calcium levels are 1000 mg per day, 1200 mg if you are over 50 years old. Take a vitamin D and calcium supplement if you don't get enough of these nutrients from your diet.

Great sources of calcium include:

- Dairy products, which come already fortified with vitamin D.
- Dark green, leafy vegetables, such as kale and collard greens
- Dried beans and legumes

Healthy eating tip 9: Limit sugar, salt and refined grains

If you succeed in planning your diet around fiber-rich fruits, vegetables, whole grains, lean protein, and good fats, you may find yourself naturally cutting back on foods that can get in the way of your healthy diet—sugar, salt and refined starches.

Sugar and refined starches

It is okay to enjoy sweets in moderation, but try to cut down on sugar. Sugar causes energy ups and downs and adds to health problems like arthritis, diabetes, osteoporosis, headaches, and depression.

- Give recipes a makeover. Often recipes taste just as good with less sugar.
- Avoid sugary drinks. One 12-oz soda has about 10 teaspoons of sugar in it! Try sparkling water with lemon or a splash of fruit juice.
- Eliminate processed foods. Processed foods and foods made with white flour and white sugar because your blood sugar to go up and down leaving you tired and sapped of energy.

Salt

Salt itself is not bad, but most of us consume too much salt in our diets.

- Limit sodium to 2,300 mg per day – the equivalent to one teaspoon of salt. Most of us consume far more than one teaspoon of salt per day.
- Avoid processed, packaged, restaurant and fast food. Processed foods like canned soups or frozen meals contain hidden sodium that quickly surpasses the recommended teaspoon a day.

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