

## YOUR DENTIST CAN SAVE YOUR LIFE

# Let's eat healthy for the health of it: Part III

By Dr. Gabrielle Cannick

In recent features we have been discussing the benefits of the Mediterranean Diet – a tested and proven way of eating healthy that increases energy, improves appearance and helps us maintain a healthy weight.

The true Mediterranean diet simply means eating more fresh vegetables, fruits, limiting meat and using olive oil for cooking in place of saturated fats. It also means focusing on *the quality of what we eat over the quantity.*

I realize this requires some planning and a change in habits. With our busy schedules – with kids and work – it's easy to take the path of least resistance when it comes to meals and give in to "fast" food alternatives. And yet we must consider the devastating impact poor eating habits are having on our society. I am talking about the alarming rise of obesity, Type-2 diabetes in children, and many other health issues.

If you have been thinking about making a change, here is the basic



**Dr. Gabrielle F. Cannick**

"diet strategy" the experts recommend:

1. Include a serving of fruit at each meal or 4 servings per day.
2. Switch from low fiber breakfast cereal to higher fiber.
3. Go with whole grain breads and brown rice, and gluten-free as required. Big tip: Experts warn that bread products are especially unhealthy. They tend to be heaped with calories, saturated fat, sodium, and total sugars.
4. Eat two servings of vegetables at lunch and dinner. This is adding four key servings of vegetables daily — saving calories and fat.
5. Lighten milk in fat content to reduce saturated fat.
6. Make it a point to eat fish/seafood twice a week.
7. Limit red meat consumption to

twice a week (3-4 oz serving).

8. Beans are particularly good for you. Best: chickpeas, blackbeans, lentils, peas. Try to eat three servings per week.

9. When you snack go with nuts and seeds. They are rich in omega 3. Very heart healthy but limit your serving to 2-3 oz.

10. Use olive oil in place of saturated fats.

When you get right down to it this is all pretty simple really. You can start today shifting away from unhealthy eating habits. Even small steps matter. Again, the benefits you and your family will reap are significant. Just think about reducing your risk for certain types of cancer, dementia, and heart disease. When we embrace the Mediterranean dietary guidelines, we improve the quality of our lives today while slowing the aging process and increasing our potential longevity!

I am working to make this change in my family's diet. I urge to do the same. Call us if you would like to discuss this

important subject. Our practice is not only about your oral health but your overall health and well-being. Think of us as your hometown resource for guidance and support.

*Dr. Gabrielle F. Cannick is the owner of Grand Oaks Dental, located at 3905 Liberty Highway in Anderson. A strong believer that dental fear and anxiety should not prevent any patient from receiving the highest quality dental care, Dr. Cannick has received extensive training in Sedation Dentistry and is a certified member of the Dental Organization for Conscious Sedation. She is also a member of the South Carolina Dental Association, the American Dental Association, the Academy of General Dentistry, and the American Academy of Dental Sleep Medicine. For more information about Grand Oaks Dental and the services provided, please call 864-224-0809, or click to [grandoaksdental.com](http://grandoaksdental.com) or visit us on Facebook at <https://www.facebook.com/GrandOaksDental>.*



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**Gabrielle F. Cannick, DMD, PhD**  
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