

How are you feeling? Is a question we all want to know. The following links have some answers for you. (Please click [here](#) for a full version of this article on [www.entrepreneur.com](#).)

Health First



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Chances are, when it comes time to eat the same thing day after day, you probably are like us. According to a 2003 *Journal of the American Dietetic Association* report, this type of diet has associated with a higher rate of cancer.

1.

The first advice? Eat, but don't eat the same things over and over again. "It's important to have a variety of foods," says Dr. Michael S. Goran, director of the Center for Human Nutrition at the University of Southern California. "It's important to eat a variety of foods."

2.

Another alternative: Encourage people to keep their meals varied while maintaining a balance of good foods. For example, don't always eat meat because it's a healthy choice. Instead, plan an important part of dinner the night before so it's easier to prepare, and then quickly swap out one item (such as dinner rolls) without adding extra fat.

3.

Even though protein consumption can actually reduce your risk of developing and developing heart disease, there are a few protein traps. The main culprit: high-fat, high-protein diets. That's where **whole-grain carbohydrates** come into play.

In today's fast-paced world, people have less time than ever to prepare meals, but when they do, it's important to make sure that they're healthy. By eating more whole-grain carbohydrates, you can help ensure that your body gets the nutrients it needs to prevent diseases, increase weight loss, and even prevent cancer. So, start preparing whole-grain meals today!