

[IMAGE]

## How Do You Snack Up?

As a chiropractic patient, you probably lead a healthier life than your peers. After all, your chiropractor has taught you to prevent illnesses before they happen, through a healthy diet, exercise and avoidance of bad habits. Yet a recent Australian study indicated that not all chiropractic patients eat healthier than the rest of the population.

To evaluate fruit and vegetable consumption, almost 800 Australian chiropractic patients at 24 practices completed questionnaires on diet and lifestyle. Overall, the patients in this study in the *Chiropractic Journal of Australia* reported many healthy behaviors, such as exercising (approximately 90% exercised three times per week) and not smoking.

However, only half of the patients ate the minimal recommended five or more servings of vegetables and fruits daily. Also, only 19% of the patients reported consuming the recently established Australian dietary recommendations to eat two fruits *and* five vegetable servings daily.

Patients with unhealthy lifestyles, such as smokers, heavy drinkers and sedentary individuals, are most likely to consume fewer servings of fruits and vegetables. But even if you lead an otherwise healthy lifestyle, a good diet is still essential. Fruits and vegetables provide necessary vitamins, antioxidants, fiber and other nutrients that can't be found in other foods. Your chiropractor can arm you with comprehensive diet information.

### *Reference:*

Jamison JR. Fruit and vegetable consumption by chiropractic patients: An Australian case study. *Chiropractic Journal of Australia* 2002;32(1), pp. 2-6.

Additional information on the benefits of proper nutrition can be found at <http://www.chiroweb.com/tyh/nutrients.html>.

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