

health and wellness

what have you done for your body lately?


chef lala — a chef and
nutritionist who puts
health on the front burner

Laura Diaz-Brown (a.k.a. Chef LaLa)
SAVOR! Catering
www.cheflala.com

Laura Diaz-Brown, better known to her fans as Chef LaLa, isn't just a whiz in the kitchen—she also has much to share when it comes to healthy eating. Laura added a study of nutrition to her professional chef's diploma years ago (she is a certified nutritionist with a specialty in weight management) and continues to stay abreast of all the latest research in nutrition.

LaLa's determination to not only prepare great food for people but also to help them to live long, healthy lives stemmed from many personal experiences. Three of her four grandparents succumbed to the complications of diabetes. LaLa herself was an admitted yo-yo dieter until she figured out the keys to a delicious, satisfying, healthy way to eat. "You've got to be realistic. If I tell someone Hispanic to eat rice cakes instead of tortillas, they'll tell me to get over it," said LaLa. "I try to educate people about the basics of good eating so that they can make personal choices based on their culture, where they live and what they love."

LaLa pulls out all the stops to engage people in making changes that will make their lives healthier. Fortunately, this busy mom, business owner, TV personality and philanthropist—that's right, she even finds time to donate her energies to scores of charities—agreed to share some of her strategies for living your best life.

"Think of food as something that can make your body healthier or less well, not just a way to fill up your stomach. I encourage people to be conscious of what they're consuming. Even if they sometimes choose to eat something that's a little high in calories or fat, as long as they understand what their food is made up of, they can go back to their great diet the next day. You can heal your body every single day with the kinds of foods you choose to eat." 

This article is for information purposes only and is not intended as health advice. For more information on nutrition, contact your local or state health department.

30 | Sam's Club Source™ | JUNE/JULY108



lala's quick tips for a healthy new you

Plan to include the foods that nutritionists have identified as "superfoods" as a regular part of your diet: blueberries, salmon, broccoli, oats, tomatoes, yogurt, oranges, walnuts, tea and dark chocolate.

Cook with spices like cinnamon, turmeric and ginger—they have been found to have powerful healing qualities.

Try cooking with beans like garbanzo, pinto, lima, lentil and soybeans. Beans are low in fat and calories, with lots of fiber and nutrients.

Choose high-fiber foods like whole wheat breads, cereals and pastas, which help in preventing certain diseases and help keep weight under control.

You can't have enough fresh fruits and vegetables, and aim to eat fish three times a week.

The healthiest cooking methods are: broil, steam, bake, poach, stir fry or boil.

Regarding portions: the animal protein in your meal should be 4 ounces or less.

Foods to avoid: limit foods with saturated fats and avoid trans fats. Stay away from fried foods, overly processed foods and foods with empty calories like sugar-sweetened beverages.

Use natural flavor enhancers to give foods a kick without adding salt or fattening sauces: lemon and lime, chile peppers, olives, tomatoes and fresh or dried herbs.

Invest in your meals. I know that people feel as though they don't have time to make special efforts around eating, but making the time for healthy eating and daily exercise now can save you from poor health in the future.