

## Health Living Tips



Eat a balanced and nutritious diet low in saturated fats and high in fiber.

Reduce caffeine and sugar.

Begin a regular exercise program to control your weight and to stay fit.

Get enough sleep.

Check your blood pressure regularly.

Wear a seat belt at all times when in a car. Don't drink and drive.

Quit smoking if you smoke or use tobacco products.

Drink alcohol in moderation.

Do not self-medicate with alcohol and drugs.

Try to use the same pharmacy for filling prescription drugs so pharmacist can help you prevent drug interactions.

See your health care provider for routine health screenings, immunizations, dental and eye care.

Learn ways to reduce stress.

Connect with others and develop a support system to share your thoughts and feelings.

Do something for yourself every day that makes you happy.

Practice meditation to benefit your body, mind and spirit.



*An apple a day keeps the doctor away!*

## Gi Specialists of Clarksville, PC

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### Mission Statement

To provide the most innovative and high quality care to our patients, leading to efficient diagnosis and effective treatment with minimum disruption of lifestyle.



### Vision Statement

Prevention and early detection of diseases for the individual and their genetically related family to advance the health and well being of people in our community. Toward this vision we will promote a healthy lifestyle through medication, education and research.



### Wellness Philosophy

Live with intention.  
Walk to the edge.  
Listen hard.  
Practice wellness.  
Play with abandon.  
Choose with no regret.  
Appreciate your friends.  
Continue to learn.  
Do what you love.  
Live as if this is all there is.

### Eat fiber-rich foods to stay healthy.

FRUITS	SERVING SIZE	TOTAL FIBER GRAMS
Pear	1 medium	5.1
Figs, dried	2 medium	3.7
Blueberries	1 cup	3.5
Apple with skin	1 medium	3.3
Strawberries	1 cup	3.3
Peaches, dried	3 halves	3.2
Orange	1 medium	3.1
Apricots, dried	10 halves	2.6
Raisin,	1.5 oz box	1.6
GRAINS AND PASTA	SERVING SIZE	TOTAL FIBER GRAMS
Spaghetti, whole-wheat	1 cup	6.3
Macaroni, cooked	1 cup	1.2
Brown rice, cooked	1 cup	4.8
Bread, rye	1 slice	1.9
Bread, whole-wheat	1 slice	1.7
<b>Cornbread</b>	<b>1 square</b>	<b>1.1</b>
LEGUMES, NUTS, & SEEDS	SERVING SIZE	TOTAL FIBER GRAMS
Lentils	1 cup	15.6
Black beans	1 cup	15.0
Lima beans	1 cup	13.2
Baked beans, canned	1 cup	10.4
Kidney beans	1 cup	9.7
Pinto beans	1 cup	8.9
White beans	1 cup	7.9
Almonds	24 nuts	3.3
Pistachio nuts	47 nuts	2.9
Peanuts	28 nuts	2.3
Cashews	18 nuts	0.9

### Eat fiber-rich foods to stay healthy.

VEGETABLES	SERVING SIZE	TOTAL FIBER GRAMS
Peas	1 cup	8.8
Artichoke, cooked	1 medium	6.5
Brussels sprouts	1 cup	6.4
Turnip greens, boiled	1 cup	5.0
Potato, baked with skin	1 medium	4.4
Corn	1 cup	4.2
Popcorn, air-popped	3 cups	3.6
Tomato paste	1/4 cup	3.0
Carrot	1 medium	2.0
CEREAL	SERVING SIZE	TOTAL FIBER GRAMS
100% All Bran	1/3 cup	8.4
Corn Bran	1 cup	8.8
Bran Chex	1 cup	8.2
40% Bran Flakes	1 cup	6.0
Grapenuts	1/3 cup	5.4
Corn Flakes	1 cup	3.5
Puffed Wheat	1 cup	4.5
Wheaties	1 cup	3.5
Instant Oatmeal	1 package	3.3
Total	1 cup	3.3
Wheat Chex	1 cup	3.0
Cheerios	1 cup	1.6
<b>WOMEN NEED</b>	<b>DAILY</b>	<b>21-25 grams</b>
<b>MEN NEED</b>	<b>DAILY</b>	<b>30-38 grams</b>
Meat, Fish, Poultry	have no fiber	0
Dairy Products	have no fiber	0
Fats	have no fiber	0