

What Would Jesus Eat

Thousands of years ago, God laid out a sensible approach to eating, with predictable results, a healthy body and long life. Jesus' diet is the ideal choice for those struggling with food in America today. If you are really ready to make a lifestyle change and want to do it Gods way then follow these guidelines for best results. First, seek to follow Jesus and his eating habits. Jesus ate a wide variety of fresh, clean-species fish, probably on a daily basis. He benefited from the essential fatty acids they provided. The fish most likely was grilled, baked,

broiled, and poached, but definitely not fried. We can follow his example by adding more fish to our diet. We must make sure that our fish comes from unpolluted waters, that it is fresh, and that we have stored and cooked it in a way that maintains maximum nutritional benefit.

Did you know that God's initial plan for mankind was for men and women to be vegetarians? In Genesis 1:29 God Said, "See, I have given you every herb that yields seed which is on the face of the earth, and every tree whose fruit yields seed; to you it shall be for food". Studies have shown that

diets rich in fruits and vegetables decrease a person's risk of developing both cancer and heart disease. Part of the reason for this is the high-fiber content of fruits and vegetables that are eaten in the whole, fresh form. Fiber helps lower cholesterol levels, stabilizes blood sugar, slows digestion, and has been shown to help prevent hemorrhoids, irritable bowel syndrome, varicose veins, constipation, obesity, and even colon cancer. Jesus also exercised, in his lifetime. He walked almost 24,901.55 miles, which is the approximate distance around the world



Faith Fitness Walking Classes are now Available Starting Saturday February 7, 2009 from 8:30am until 9:00am. Meet us in the Narthex at Friendship West Baptist Church.

Upcoming Events

- ◆ Fitness Challenge March 2009
- ◆ Faith Fitness Health Fair April 2009
- ◆ Faith Fitness Dance for Christ Swing Out Ball May 2009
- ◆ Walk for Christ Walk-A-Thon June 2009

Faith Fitness Member of the Month



Congratulations to **Necha Majors** the January 2009 Member of the Month. Necha has been a member of the Faith Fitness Program for over 8 months now and has lost over 25lbs and a whole lot of inches. Thank you for being a part of our program and keep up the good work.

The February class schedule is now available; you can pick up your copy at the information table in the Narthex on Sunday, during class, or view us on online at www.friendshipwest.org/faithfitness/html.



Healthy Recipe of the Month Tossed Salad with Eggs and Cheese

Ingredients:

Cooked or raw vegetables (your choice, and as many as you want) : Lettuce, Tomatoes, Cucumbers, Peppers, Onions, Fennel, Celery, Radishes, Mushrooms, Asparagus, Hearts of Palm, Leeks, Green Beans, Cabbage

1 hard-boiled egg or poached egg
4 tablespoons hard cheese: Swiss cheese, cheddar
vinaigrette with 1 tablespoon oil

Here are some choices to make delicious salads with eggs and cheese.

Preparation:

1. Combine tomatoes, cucumbers, lettuce; sliced hard-boiled egg, 1 cube of Swiss cheese;
2. Combine raw spinach or curly chicory, 1 boiled egg, or 1 cube of cheddar cheese;
3. Combine sliced tomatoes, an egg, and mozzarella.
4. Combine curly chicory and 2 1/2 tbsp. of hot goat cheese -- no egg.