

Q. What *one* lifestyle habit has the biggest impact on health?

A. If you want to improve your health, it's easy to think there are a million different things you should be doing.

But better health shouldn't be confusing or complex, says Dr. David Katz, author of *Disease Proof: The Remarkable Truth About What Makes Us Well!*

"We basically know what to do," says Katz. "We just don't do it."

Your Diet Matters Most

Your diet, sleep habits, physical activity, stress, and other factors impact your health. But research points to one factor above all others as being key to a long and healthy life. That one thing is diet.

A study published in the *American Journal of Clinical Nutrition* found that poor nutrition is a leading cause of disease and early death.²

The World Health Organization says about two-thirds of all deaths in the world are caused by poor food choices and other lifestyle choices.³

Eating more fruits and vegetables helps reduce the risk for heart disease, stroke, Alzheimer's disease, diabetes, obesity, and certain types of cancer.⁴

Start Here

Here's the most simple way to improve your health. Eat more vegetables. Leafy greens are best because they have the most nutrients.

Are you eating enough leafy greens and other vegetables?

Probably not. A Centers for Disease Control and Prevention survey



found that less than 9 percent of adults eat 5 to 8 servings of fruits and vegetables a day.

Try spinach, broccoli, kale, Brussels sprouts, cauliflower, and cabbage. If you don't like those leafy greens, there are plenty of others. Don't want to eat piles of salad? Fine. There are other ways to eat more leafy greens.

10 Ways to Eat More Leafy Greens

Like Dr. Katz says, there's a good chance you've heard the advice to eat more leafy greens before, but you're not doing it. Make it as easy as possible to eat more leafy greens. Here's how:

1. Take a class to learn how to cook at home with leafy greens.
2. Order a leafy-green salad, or make your own.
3. Add chopped leafy greens to soup or stew.

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4. Hide a handful of leafy greens in a fruit smoothie. (You won't even taste it.)
5. Try a lettuce or leafy green wrap in place of a slice of bread or a bun.
6. Give a pizza an extra topping of spinach or Swiss chard.
7. Add leafy greens to your favorite pasta dish or sauce.
8. Build a sandwich with leafy greens.
9. If you're struggling to eat more leafy greens, try vegetable juice or supplement in powder form mixed with water.
10. And if you really want to make it simple, just eat a handful of leafy greens a couple times a day.

If you want to improve your health and prevent disease, eating more leafy greens and other fruits and vegetables is one of the best things you can do. Start today.

References

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