

YOUR BODY IS NOT A TEMPLE IT IS A WARHORSE

It was not her sex appeal but the obvious relish with which she devoured the hamburger. That made my pulse begin to hammer with excitement.

RAY KROC (FOUNDER OF MCDONALD'S)

The body is an incredibly resilient machine. I think of my body as an ancient Viking warhorse that is incredibly adaptable and resilient. My Scandinavian ancestors survived long winters on some meat and potatoes, a sprig of parsley, and lots of Aquavit, and still had the stamina to go out and rape and pillage the world in their Viking ships. I live in a modern civilization with fruits and vegetables full of nutrients flown in from all over the world year-round. Food is bountiful. There is no need to fret about exact combinations of nutrients if I use common sense and eat different-colored foods every day. I'll be fine and will have more energy than my ancestors to go out and conquer the world.

I spent a decade of my life obsessed with eating healthy and was no fun to be with. Early in my athletic career, I bought into the idea that my body was a temple, and it became its own kind of eating disorder. The stress associated with worrying about the food you're eating is worse for you than any trans fats or preservatives in a Ring Ding or Fritos, in my opinion. That said, use common sense and feed your body well. Respect it. Make healthy choices, and you will feel better and be healthier. The objective is to make a healthy choice when you can, but not to forbid foods you like.

SMART FOOD CHOICES THESE ARE THE SIMPLE GUIDELINES

Eat a diet rich in fruits, vegetables, whole grains, low-fat dairy products, lean meats, and fish, and drink plenty of water.

As you can see, eating healthy can be summed up in two lines. We all intuitively know what foods are healthy. Don't make it a big deal.

I was a very strict vegetarian and macrobiotic eater for much of my time in college. Although some people can eat that way without feeling deprived, I was in a constant tug of war between my cravings and my rigid dietary