

Lola's Life Lessons: Session 5

One of my favorite proverbs is:

“Bilisan mo ang gawain. Hinay-hinay sa pagkain.”

Translation: “If it is work, do it fast. If it is food, eat it little by little.”

To have food on the table is a blessing. Growing up in the province, my family and I never took this for granted. Food was always appreciated and respected. Today, there are too many food choices. When I first came here, I was overwhelmed, because seafood and cuts of meat were fresh and relatively cheap. So many snack foods and fast foods are available, too. These are expensive in the Philippines, but here, we can have them all the time.

How lucky I felt! I ate more foods that were high in fat and cholesterol. Mila and I were always making steak and fried *bangus* (milkfish). You feel wealthy living here and being able to afford these foods. It was only after Dr. Cabaya told me I had high blood pressure that I began to watch what I ate. It is hard, especially when you are trying to be a role model for the family.

But you need to have discipline. *Kung ang isa ay hindi makapag disisyon, saya ay walang kinabukasan.* (“One who cannot decide will have no future.”) Think about what you eat, how much you eat, and be consistent. Make changes for life, not just for the day, and not just for yourself, but for your family, too.

A Time To Reflect...

What things keep you from eating foods lower in saturated fat, *trans* fat, and cholesterol? What changes can you make in your life to continue on your journey to heart health?

(Use this space to write down your thoughts for this week's session.)