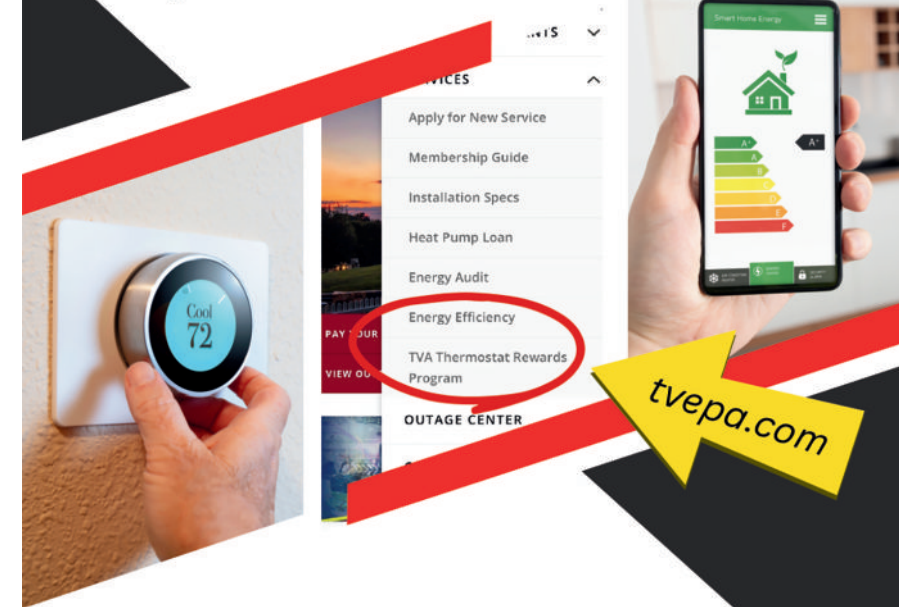


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## Living Well . .

(cont'd from page 3)

to lower-fat dairy options. This makes it a less effective choice for weight control and overall metabolic health for many adults and children. Highlighting full-fat dairy in federal dietary guidance sends mixed messages to consumers about which fats are truly healthy and how calories are balanced.

Unfortunately, this new pyramid is encouraging the very fats that are making Americans sicker.

What Should Americans Eat?

There's no doubt that Americans should consume less ultra-processed foods, including sweetened beverages, convenience foods, and fast food. But encouraging more saturated animal fats is not the answer to better health or weight management.

Below are some sound dietary guidelines that most can agree with:

**Eat. More. Plants.**  
Vegetables, fruits, beans/legumes, and whole grains should be on everyone's plate (or bowl) at most meals. These are nutrient-dense, high-fiber and associated with lower rates of chronic diseases, including cancer and obesity.

**Enjoy Full-Fat Dairy Products in Moderation**

Dairy products can still be included in a healthy diet. But spare your heart and waistline and choose low-fat varieties when possible.

**Reduce Ultra-Processed Foods**

Beyond our waist size, intake of ultra-processed foods is linked with poor mental health and higher rates of cancer. 10, 11 Cook more meals at home, starting with fresh, frozen, or canned (yes, canned) vegetables.

**Limit Red Meat and Tal-**

**low**  
Beef and beef tallow aren't doing you any favors. Choose healthy, plant-based fats when possible, such as avocado, canola, and olive oil.

**Prioritize Lean Protein**  
Protein has its place on your plate, but go for lean sources like eggs, fish, lean poultry, lean pork, low-fat dairy products, or seafood. Beans, lentils, and tofu are great plant-based options.

**Limit Alcohol**  
Alcohol is calorie-dense and associated with higher rates of cancer, dementia, and depression. It also disrupts sleep, which impacts blood pressure, blood sugar, and the risk of weight gain.

Moderation and common sense are still key in all aspects of nutrition advice.

Article Source: The New Food Pyramid—Think Before You Eat — Food and Health Communications

# For Everything . . . Want Ads

## Temporary Bridge Closure On State Route 32 I102n Yalobusha County

MDOT has announced that there will be a temporary bridge closure from 7:00 a.m. Tuesday, January 6, to 7:00 a.m. Friday, March 6 on State Route 32 between U.S. 51 and Walnut St. in Yalobusha County for bridge repair/inspection.

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**Posted:** All Orland Carvan land, now owned by Wendell Carvan, Shirley Carvan Anderson and Linda Carvan Brower is posted against loose dogs, hunting and trespassing.

Violations will be reported and prosecuted.

11-13-25—?c

Go to romanroadbibleministry.com. Play ball for Jesus, and prepare for eternity. Read a chapter each day from Romans, and be obedient to what it says.

As Phil Robertson says, "I COULD BE WRONG, but I doubt it." 9-16 ?tc

**POSTED:** All land owned, managed by ROBERT DENLEY is posted against dogs and hunting and all trespassing. \$2,000.00 reward for violators turned in and convicted. 901-351-9178

1-1-25—1-1-26p

**POSTED:** All land of Sally Stone Trotter is posted against hunting, fishing, trespassing, and woodcutting. Private renters have full authority. W. C. TROTTER, III and IKE STONE TROTTER.

12-31-24-12-31-25p

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While at the Capitol last week, Oakland Alderwoman Marzet Bland, left, and Mayor Stephanie Patterson, right, had an opportunity to speak with Lt. Gov. Delbert Hosemann.



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*Praise and Worship*

FEATURING LYDIA WARE

FEBRUARY 14 AT 5PM

Calvary Baptist Church  
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A love offering will be collected.