

HEALTHY EATING FACTS

Healthy eating habits reap a happy life. One's health is determined largely by the food choices they make on a daily basis. A diet full of lean meats, whole grains, and organic fruits and vegetables can do wonders for how you feel, think and live. As the saying goes, "You are what you eat." Follow this healthy eating guide with tips on how to be a new and improved you.

EAT REGULARLY

Reduce the risk of heart disease by eating meals, low in fat, regularly throughout the day. Your body will become less resistant to insulin, and your blood sugar levels will be consistent. For those trying to lose weight, this will keep you from feeling extreme hunger, resulting in overeating.

PORTION SIZE

Decrease your portion size to avoid disease and obesity. The stomach is about the size of your fist, so anything you eat more than that size is stretching your stomach out, like blowing up a balloon. Each time you stretch it, the amount you need to eat to feel full increases. This will continue into a harmful cycle until you stop it. The stomach can shrink back as well, so eat small portions regularly to keep your stomach at an efficient functioning level.

ANTIOXIDANTS

Antioxidants, like pomegranates and blueberries, are powerful free radicals, which have been claimed to be the most powerful antioxidants a regular part of your diet is said to be. They are used in prevention as well as the treatment of some of our most common diseases.

ORGANIC FRUITS AND VEGETABLES

Avoid chemical pesticides, dyes, and preservatives all together poor quality food, organic fruits and vegetables provide the necessary vitamins that are required for human survival. They provide energy, healthy snacks, but they are beneficial to overall health and help to cleanse the body. With so many choices, everyone can find options that suit their taste.

GOOD FATS AND OILS

Fish, avocado, chickpeas and olive oil are just a few examples of good fats that our bodies need. They provide us with the good cholesterol and essential fatty acids (omega 3 for example) that have been said to prevent depression, reduce the risk of serious disease, ease pain and inflammation in the body and help prevent memory loss.

AVOID EATING TOO MUCH SALT

Get rid of bloating and water retention problems by limiting the amount of salty foods that enter your body. Salt also raises blood pressure and can damage the heart and other digestive organs. Some salt is good for us, but most people take in several times the amount that is necessary for our survival.

WHOLE GRAINS

By eating whole grains, flax seeds, and other forms of fiber regularly, you are cleansing your system and limiting your risk of serious chronic diseases, like high blood pressure, diabetes, heart disease and many more. Fiber also stays in your system for a long time, keeping you feeling full and satisfied.

LEAN MEATS

Consuming lean meats like chicken, fish and filet into your diet regularly, you are cleansing your system and limiting your risk of serious chronic diseases, like high blood pressure, diabetes, heart disease and many more. Fiber also stays in your system for a long time, keeping you feeling full and satisfied.

BAD FOODS

Bad foods, just eat small amounts on special occasions to satisfy the craving. Anything you tell yourself you can't have is forbidden, it makes you want it more, this is why. Instead, eat small amounts of these foods, like candy, etc. Instead, look out on the market in low fat options to keep your teeth and body healthy after your indulgence.

EAT SLOWLY

The slower you eat, the more time your stomach has to tell your brain that it is full. On average it takes about 20 minutes for your body to realize it has had enough nourishment. One could potentially eat 3 times the required amount of food if they ate it so fast that signals did not arrive to the brain until it was too late. Most often this is not a comfortable feeling anyways, so take the time to fully chew and savor your food.

DRINK LOTS OF WATER

Water is extremely important for our bodies, it cleanses our bodies and keeps us feeling refreshed and energized. Many people, who do not drink enough water, find that they feel very hungry often, this is because we get the same body signals for hunger as thirst, and your body may be saying thirsty when it is actually just dehydrated.

By learning the basics of how to eat healthy, you are giving yourself a gift. Healthy eating is vital, our bodies are our cars and need the proper fuel to run efficiently and for a long time. Mental functions are also influenced by our diets. Keep your body and mind in the best possible shape and you will be sure to live a long, healthy life.



Good Health Fact

KJ Lindholm-Leary



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