

Your Guide To Healthy Eating

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Eating for a Healthier You Most people know they need to improve their diets in one way or another. They also recognize how difficult this is when you drive down the street and you see a McDonalds on every corner or a line of fast food restaurants. Our lives have all become about convenience and in exchange for convenience we have become the most obese country in the world. With our instant gratification lifestyles we also know that eating healthy can be a challenge. However, it doesnt have to be this way and there are steps that you can take to balance out your life so that you can enjoy a Happy Meal with the kids on occasion. Making your everyday diet healthier will allow you to improve the way you look, as well as the way you think. Its never too late to change your eating habits, you just have to have the personal motivation to do it. Is Your Diet Healthy Enough? Everyone wants a healthier diet, but with all of the conflicting nutrition information in the media it is hard to determine what type of diet is healthy. There are many factors that contribute to a healthy diet. It is important to evaluate the current diet that you eat before you embark on a plan to become a healthier eater. Begin by asking yourself these simple questions: Do I eat a variety of different foods? Variety is one of many important parts of a healthy diet. It is important to eat foods from all of the food groups. If you find yourself avoiding certain food groups, such as fruits and vegetables, then it may be time to adjust the way you eat. Do I eat fruits and vegetables? It is important to choose from a variety of different fruits and vegetables. In fact, you want to get all of the different colors of these foods in your diet because each offers their own unique vitamins and minerals that are essential to your diet. Eat dark greens, reds, oranges and yellows. Do I eat breakfast? The absence of breakfast is a good indicator that you are not eating very healthy. If you dont eat breakfast you need to begin working on that aspect of your diet, as your body may think that its starving. Do I choose low fat foods over high fat foods? There are low fat alternatives in a variety of foods including all dairies and meats. A great way to avoid a lot of fat is to prepare your own meals instead of eating prepared foods such as TV dinners. Do I drink a lot of water? Water is the foundation to life. Your body needs plenty of water and is important for maintaining a healthy diet. If you drink a lot of soda or coffee, you may be dehydrating yourself. Am I able to maintain my ideal body weight? Gaining weight without trying is a sign

of a poor diet. Following a healthy diet and getting regular exercise is the best way to lose weight and keep it off. Do I limit the amount of salt, sugar, alcohol and caffeine that I consume? These are okay in moderation, but a lot of people use these in excessive amounts. These four elements can wreak havoc on a healthy diet.

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