

How To Become A Healthy Eater

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Healthy eating is all about balanced and moderate eating, consisting of healthy meals at least three times per day. Healthy eaters eat many different types of foods, not limiting themselves to one specific food type or food group.

Being a healthy eater requires you to become both educated and smart about what healthy eating actually is. Being food smart isn't about learning to calculate grams or fat, or is it about studying labels and counting calories.

Eating healthy requires quite a bit of leeway. You might eat too much or not enough, consume foods that are sometimes more or less nutritious. However, you should always fuel your body and your brain regularly with enough food to keep both your mind and body strong and alert.

A healthy eater is a good problem solver. Healthy eaters have learned to take care of themselves and their eating with sound judgment and making wise decisions. Healthy eaters are always aware of what they eat, and know the effect that it will have on their bodies.

When someone is unable to take control of their eating, they are also likely to get out of control with other aspects of life as well. They could end up spending too much, talking too much, even going to bed later and later.

You should always remember that restricting food in any way is always a bad thing. Healthy eating is a way of life, something that you can do to enhance your body or your lifestyle. If you've thought about making your life better, healthy eating is just the place to start. You'll make life easier for yourself, those around you, and even your family.

Eating healthy is something we all would like to do, although it can be hard. In order to eat healthy, you must first make the right food choices. Eating healthy is all about what you eat, which makes the choices very crucial to your results.

Healthy Food Choices

Vegetables

These should be varied, as you should eat 2 1/2 cups of them each day. You should start eating more of the dark vegetables, such as broccoli and spinach. Carrots and sweet potatoes are good as well. You should also eat more dry beans such as peas, pinto beans, and even kidney beans.

Grains

You should consume 6 ounces of grains per day. To do this, you can eat 3 ounces of whole grain cereals, breads, rice, crackers, or pasta. You can get an ounce of grains in a single slice of bread, or 1 cup of cereal.

Fruits

Fruits are very important. You should try to eat 2 cups of them each day. Focus on eating a variety, such as fresh, frozen, canned, or even dried fruit. You can drink fruit juices as well, although you should use moderation when doing so.

Milk

Milk is your calcium rich friend. For adults, 3 cups is the ideal goal. For kids 2 - 8, 2 cups is where you want to be. When choosing milk products or yogurt, you should go for fat-free or low-fat. Those of you who don't like milk or can't have it, should go for lactose free products or other sources of calcium such as fortified foods and beverages.

Beans And Meat

Eating 5 ounces a day is the ideal goal, as you should go lean with your protein. When eating meat, always bake it, grill it, or broil it, as this will prevent grease from adding to the equation. You should vary your protein as well, with more fish, beans, peas, and nuts.

When cooking your food, you should also limit solid fats such as butter, margarine, shortening, and lard. These foods may add flavor to your dishes, although they can also help raise your cholesterol as well. Therefore, you should try to add these foods and any foods that happen to contain them.

To help keep your saturated fat, trans fat, and sodium low, you can check the nutrition facts label. This label can be found on the food package and will tell you all the information you need to know about the food item.

By picking your foods wisely and watching what you eat, you'll help control your lifestyle. Exercise is great as well, as it goes along perfect with a healthy eating lifestyle. No matter what your age may be, eating healthy will help you keep your active lifestyle for years and years - even help you and your health in the long run as well.

Gaetane Ross is a Certified Natural Health Consultant who has spent over 4 years focusing on Nutrition and Health. She also specializes in Alternative Medicine, Spiritual Healing and Healthy Lifestyle.

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