

# **FAD FREE!**

## ***Healthy Eating Without the Hype!***



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## Tips for Healthy Eating

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Healthy eating is a way of balancing the food you eat to keep your body in great health. With healthy eating, you'll have energy all day, get the vitamins and minerals you need, stay strong for activities you enjoy, and maintain a healthy weight.

Below, you'll find tips designed to help you with healthy eating.

### 1. Don't skip any meals.

Eating 3 meals with snacks in between is the ideal way to maintain both energy and a healthy weight. When you skip meals and get hungry, you're more than likely to choose foods that are not very good for you.

If you are eating away from home, take food with you or know where you can buy healthy food from.

### 2. Learn about how to prepare foods.

Instead of deep frying, try grilling, stir frying, microwaving, baking, and even boiling. You should also try fresh or even dried herbs and spices to add flavor to your food. Before you eat any type of meat, be sure to trim the fat and skin off of it.

### 3. Avoid a lot of sugar.

Drinks that contain sugar are a major source of empty energy. What this means, is that the drinks contain a lot of energy that your body may



not need, and it doesn't contain any vitamins or minerals. If you plan to drink sugary drinks, don't go overboard - limit yourself to 1 a day.

#### 4. Avoid thinking about diets.

There are no good foods, nor any bad foods. All food can be a part of a healthy diet, when eaten in moderation. You don't need to buy any low carb, fat free, or even diet foods, as these foods normally have lots of other added ingredients to replace the carbohydrates or fat.

## **Becoming a Healthy Eater**

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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 of fat, and it isn't about studying labels and counting calories.

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.

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, and 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.

## **Changing How You Eat**

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As you may know, not fueling up with the right nutrients can affect how well your body performs and your overall fitness benefits. Even though healthy eating is important, there are myths that hinder your performance if you listen to them.

Below, you'll find some myth busters on healthy eating.

1. Working out on an empty stomach.

If you hear a rumbling noise in your stomach, the rumbling is trying to tell you something. If you don't listen to your stomach, you are forcing your body to run without any fuel. Before you exercise or do any physical activity, always eat a light snack such as an apple.

2. Relying on energy bars and drinks.

Although they are fine every once in a while, they don't deliver the antioxidants you need to prevent cancer. Fruits and vegetables are your best bets, as they are loaded in vitamins, minerals, fluid, and fiber.

3. Skipping breakfast.

Skipping breakfast is never a good idea, as breakfast starts the day. Your body needs fuel as soon as possible, and without it, you'll be hungry throughout the day.

4. Low carb diets.

Your body needs carbohydrates for your muscles and the storing of energy.

5. Eating what you want.

Eating healthy and exercising doesn't give you an all access pass to eat anything you want. Everyone needs the same nutrients whether they exercise or not, as well as fruits and vegetables.

6. Not enough calories.

Although losing weight involves calories, losing it too quickly is never safe. What you should do, is aim for 1 - 2 pounds a week. Always make sure that you are getting enough calories to keep your body operating smoothly. If you start dropping weight too fast, eat a bit more food.

#### 7. Skip soda and alcohol.

Water, milk, and juice are the best to drink for active people. You should drink often, and not require on thirst to be an indicator. By the time you get thirsty, your body is already running a bit too low.

Changing how you eat is always a great step towards healthy eating and it will affect how your body performs. The healthier you eat, the better you'll feel. No matter how old you may be, healthy eating is something you should strive for. Once you give it a chance, you'll see in no time at all just how much it can change your life - for the better.

## **Making Healthy Food Choices**

Vegetables, fruits, and grains are normally low in fat and have no cholesterol. Most are great sources of dietary fiber, complex carbs, and vitamins. The American Heart Association recommends that you eat foods that are high in complex carbs and fiber.

Below are some tips for making healthy food choices.

- Coconut is high in saturated fat, while olives are high in mono unsaturated fats and calories. You should use these items sparingly to avoid getting too many calories from fat.
- When vegetable grains are cooked, saturated fat or cholesterol is often added. For example, egg yolks may be added to bread or even pasta.
- Processed, canned, or preserved vegetables may also contain added sodium. With some people, too much sodium, salt, may lead to high blood pressure. There are some food companies that are actually canning vegetables with less salt. You can look for these in the market area or choose fresh and even frozen vegetables.
- Nuts and seeds tend to be high in calories and fat, although a majority of the fat is polyunsaturated or mono unsaturated. There are some varieties, macadamia nuts for example, that are also high in saturated fat.
- Foods that are high in soluble fiber are a great choice as well. Examples include oat bran, oatmeal, beans, peas, rice bran, barley, and even apple pulp.

Whenever you are looking for healthy food choices, always make sure you read the nutrition label or information about the food. You can then determine what the food contains and how healthy it truly is for your body. By taking your time and making your healthy food choices wisely, you'll have a lifetime to enjoy the foods that will take care of you.

## Healthy Fat Intake

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This information is aimed at helping you to reduce your fat intake. The average individual eats too much fat, a factor that's linked to a variety of health problems, including cancer. Diets that are high in fat are associated with breast and colon cancer, with some studies linking high fat to prostate cancer as well.

A majority of people can bring their fat intakes down to a healthy range by making a few adjustments in the way they shop, cook, and prepare the foods they eat.

Now days, it's getting easier and easier to control the amount of fat you consume. The fat content of foods are now available through the nutrition label and through brochures distributed by food companies and even fast food restaurants.

You can use this information on nutrition to choose lower fat foods by comparing products and food brands. Once you have a rough idea of what a healthy intake of fat is, you'll know what you can and what you can't have.

From day to day, the amount of fat you eat will vary. Some meals and some days will be higher in fat than others. Even high fat meals can be kept in line with healthy eating as long as you balance those days accordingly. The average fat intake over the course of weeks and months is important, not the fat intake of every meal and food you consume.

Younger adults and highly active adults who have higher calorie needs can probably eat a little more fat. Older adults and those that are not very active should aim for a lower fat intake. This way, you can control your fat intake and avoid the many problems that fat is associated with.

## **The Healthiest Foods You Can Get**

The following is a list of the healthiest foods that you can get. This will help you get an idea as to what foods are the best for your body.

### ***Fruits***

**Apricots:** Apricots contain Beta-carotene which helps to prevent radical damage and also helps to protect the eyes. A single apricot contains 17 calories, 0 fat, and one gram of fiber. You can eat them dried or soft.

**Mango:** A medium sized mango packs 57 MG of vitamin C, which is nearly your entire daily dose. This antioxidant will help prevent arthritis and also boost your immune system.

**Cantaloupe:** Cantaloupes contain 117 MG of vitamin C, which is almost twice the recommended dose. Half a melon contains 853 MG of potassium, which is nearly twice as much as a banana, which helps to lower blood pressure. Half a melon contains 97 calories, 1 gram of fat, and 2 grams of fiber.

Tomato: A tomato can help cut the risk of bladder, stomach, and colon cancers in half if you eat one daily. A tomato contains 26 calories, 0 fat, and only 1 gram of fiber.

## ***Vegetables***

Onions: An onion can help to protect against cancer. A cup of onions offers 61 calories, 0 fat, and 3 grams of fiber.

Broccoli: Broccoli can help protect against breast cancer, and it also contains a lot of vitamin C and beta- carotene. One cup of chopped broccoli contains 25 calories, 0 fat, and 3 grams of fiber.

Spinach: Spinach contains carotenoids that can help fend off macular degeneration, which is a major cause of blindness in older people. One cup contains 7 calories, 0 fat, and 1 gram of fiber.

## ***Grains, beans, and nuts***

Peanuts: Peanuts and other nuts can lower your risk of heart disease by 20 percent. One ounce contains 166 calories, 14 grams of fat, and over 2 grams of fiber.

Pinto beans: A half cup of pinto beans offers more than 25 percent of your daily folate requirement, which protects you against heart disease. Half a cup contains 103 calories, 1 gram of fat, and 6 grams of fiber.

Skim milk: Skim milk offers vitamin B2, which is important for good vision



and along with Vitamin A could improve allergies. You also get calcium and vitamin D as well. One cup contains 86 calories, 0 fat, and 0 fiber.

## **Seafood**

Salmon: All cold water fish such as salmon, mackerel, and tuna are excellent sources of omega 3 fatty acids, which help to reduce the risk of cardiac disease. A 3 ounce portion of salmon contains 127 calories, 4 grams of fat, and 0 fiber.

Crab: Crab is a great source of vitamin B12 and immunity boosting zinc. A 3 ounce serving of crab offers 84 calories, 1 gram of fat, and 0 fiber.

## **Facts about Nutrition Labels**

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The nutrition label located on each and every food item, will tell you all the information about that food. For some, however, this information isn't exactly that reader friendly. Fear not, as it's actually easier than you think.

### **Serving Size**

This size is based on the amount people eat. Similar food items will have similar serving sizes, thus making it easier to compare 2 foods of the same category.

### ***% Daily Value***

This indicates how food will fit in a 2,000 calorie diet. This will help you to understand if the food has a lot, or just a little of the important nutrients.

### ***The Middle Section***

The nutrients you'll find listed in the middle section are the ones that are most important to your health. This information can help you to calculate your daily limit of fat, fiber, sodium, and other nutrients.

### ***Vitamins & Minerals***

The percent daily value found here is the exact same as the U.S. Recommended Daily Allowance for vitamins and minerals.

Now that you know what the nutrition label actually means, it'll be a lot easier to eat healthy. Eating healthy is a great thing - especially when you use the nutrition label to assist you with your food choices.

## **Healthy Food Choices**

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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.

## ***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.

## ***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.

## ***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.

## ***Meat and beans***

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 perfectly 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.

## **Eating For a Healthy Heart**

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Bad cholesterol or a bad diet is something we all experience at some point in time. It's impossible to eat healthy our whole lives, even though we

may try hard to do it. Eating healthy for your heart is something everyone should try to do, especially when it comes to restoring health and reducing heart attacks.

### ***Your heart and food***

We know these things for sure - a diet high in saturated fats will help raise your cholesterol, which is a risk factor for heart disease. People that are obese are more prone to heart disease. A diet high in sodium may elevate your blood pressure, leading to inflammation and even heart disease.

To help prevent heart disease and improve your health, put the tips below to good use.

Eat plenty of fish. Herring, sardines, and salmon are all excellent sources of Omega 3 essential fatty acids. Other fish are great too, although Omega 3 may help to get your cholesterol down to a healthier level.

### ***Choosing healthy fats and oils***

Saturated fat will increase the risk of heart disease. It's found in meat, butter, and even coconut oil. You should avoid them until your cholesterol levels are down and you are at a healthy weight. Even those that love red meats can enjoy seafood and nuts for their main sources of protein.

Mono unsaturated fats such as olive oils will help you to protect your heart. Olive oil is an ideal choice for cooking, dressing, or even as a

dipping sauce.

### ***Plenty of fiber***

Fiber can help you control your cholesterol. You can find fiber in whole grain products to help control sugar absorption as well, which will help you keep your digestive system healthy.

### ***Choosing carbohydrates***

Eating for your heart involves staying away from sugary foods such as candy, cookies, cakes, and pastries. Eating a lot of sugar isn't good for your heart disease at all. Healthy carbohydrates involve whole grain breads, whole grain pasta, brown rice, and a lot of vegetables. You should make fruits and vegetables the main aspect of your diet.

### ***Healthy cooking methods***

Stir frying and sautéing with olive oil or canola oil are both great methods, as you shouldn't dip your food in batter and fry it anymore. If you cook chicken, remove the skin and bake it in the oven in foil.

Instead of frying your fish you should always bake it. Steaming your vegetables can help maintain the most nutrients. You should not use cream sauces or lots of butter anymore either. When you eat vegetables, try squeezing lemon juice on them or using your favorite seasonings.

As you make the proper changes to your diet, keep in mind that it takes time for them to become habits. Eating healthy is always great for your body and your lifestyle, especially when it comes to your heart and the prevention of heart disease.

## **Fight Stress with Healthy Eating**

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Whenever we get too busy or stressed, we all tend to make poor food choices that will actually increase stress and cause other problems. To get the most of your healthy eating and avoid stress, follow these simple tips.

1. Always eat breakfast.

Even though you may think you are not hungry, you need to eat something. Skipping breakfast makes it harder to maintain the proper blood and sugar levels during the day, so you should always eat something.

2. Carry a snack.

Keeping some protein rich snacks in your car, office, or pocket book will help you avoid blood sugar level dips, the accompanying mood swings, and the fatigue. Trail mix, granola bars, and energy bars all have the nutrients you need.

3. Healthy munchies.

If you like to munch when you're stressed out, you can replace chips or other non healthy foods with carrot sticks, celery sticks, or

even sunflower seeds.

4. Bring your lunch.

Although a lot of people prefer to eat fast food for lunch, you can save a lot of money and actually eat healthier if you take a few minutes and pack a lunch at home. Even if you only do this a few times a week, you'll see a much better improvement over eating out.

5. Stock your home

As important as it is to get the bad food out of your house, it's even more important to get the good food in! The best way to do this is to plan a menu of healthy meals at snacks at the beginning of the week, list the ingredients you need, then go shop for it. This way, you'll know what you want when you need it and you will not have to stress over what to eat.

## **Healthy Grocery Shopping**

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Grocery shopping is something we all have to do, even though choosing the right foods can be very hard indeed. To assist you with your healthy grocery shopping, the tips below can indeed help make things easier than ever before:

1. Never go grocery shopping on an empty stomach.



2. Select canned fruits and tuna that are packed in water, not oil or syrup.
3. Look at the labels for the words "hydrogenated" or "partially hydrogenated". The earlier you see them appear on the list, the higher the amount of unhealthy trans fatty acids the food will contain.
4. Don't buy turkey with the skin on it, and if you plan to buy chicken - buy a chicken breast.
5. When you select frozen dinners, select those that are not only low in fat, but low in sodium and cholesterol as well.
6. If you are not consuming enough dairy products, go with calcium fortified orange juice instead.
7. Go for whole grain breads, cereals, and rolls.
8. Give cantaloupe a try. With just 95 calories, half of the melon will provide more than a day's supply of Vitamin C and beta carotene.
9. Don't be tricked into buying yogurt covered by nuts or raisins, as the coating is normally made of sugar and partially hydrogenated oils.
10. Get some of the low fat treats, such as pretzels, ginger snaps, and angel food cake.

By following the above tips when grocery shopping, you'll avoid the bad foods and get those that you need. There are many different healthy foods at the grocery store, all it takes is the will power to go past the bad foods and on to the good ones.

## **Eating Healthy on a Budget**

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If you have problems serving healthy foods because of the prices, you'll find these tips to be just what you need to eat healthy on a budget.

1. Eliminate junk food. Doing your shopping on your own is the easiest way to shop, as children and sometimes spouses are usually the ones requesting junk food. Shopping alone will prevent this, and ensure that you only buy the foods you need.
2. Water or milk instead of soft drinks. You can still enjoy your favorite drinks at a sporting event or night out, although you should stick with the smallest size when shopping to save money and calories. Children and even adults need milk or milk products on a daily basis. Milk will also help you get strong and provides calcium for healthy bones and healthy teeth.
3. Buy fruits in quantity. When they are in season, buy fruits in quantity and freeze any extras. You can buy several pounds this way, and freeze extras to have them when the fruit goes out of season. Wash the fruit well, remove any spoiled pieces, dry thoroughly, and then freeze in plastic zipper bags.
4. Meats and beans. Meats and beans are the best sources for protein. Lean meat is more expensive than meats with a lot of fat.

Canned beans are a great deal as well, as they give you protein at a great price.

5. Beans as a substitute. You should use beans a substitute for meat on a frequent occasion. There are several varieties, so you can prepare them in a crock pot, so when you return home they are ready to consume.

The USDA recommends eating beans at least 4 times per week. If you experience gas after eating beans you should try washing them, covering them with water, bringing the water to a boil, then draining it off and refilling the pot.

6. If you live in a coastal area or an area where fish are around, make that an integral part of your diet. You can catch them from the lakes or rivers, saving money in the process.
7. Peanut butter is great for those on a budget as it's popular with almost everyone. You can use it for sandwiches instead of eating hot dogs. It does not need to be refrigerated, and bigger jars can last you for weeks.
8. You should fill up with foods that have a high content of water. Watermelon, salads, and even sugar free gelatin are all great examples.

Eating healthy is always something you can't go wrong with. You can eat healthy for just a few bucks, which makes it perfect for those on a budget.

Now, you don't need a lot of money to have the lifestyle and health you've always wanted.

## **Eating Healthy When Eating Out**

If you go out to a restaurant to eat, you probably watch your calories very closely. To assist you with your calorie watching when dining out, these tips will help you make the most of it.

- Always order salad dressings or sauces on the side, as this way you have control over how much you add to your meal.
- When you order grilled fish or vegetables, you should ask that the food be grilled without butter or oil, or prepared with very little or either or.
- Anytime you order pasta dishes, be on the lookout for tomato based sauces instead of the cream based sauces. Tomato based sauces are much lower in fat and calories, and tomato sauce can even be counted as a vegetable!
- You should always try to drink water, diet soda, or tea instead of soda or beverages that contain alcohol.

- If you order dessert, share with a friend. Half of the dessert will equal half of the calories.
- When you choose a soup, remember that cream based soups are higher in fat and calories than other soups. A soup can be a great appetizer, as most are low in calories and fill you up pretty fast.
- When ordering a baked potato, ask for salsa instead of sour cream, butter, cheese, or even bacon. Salsa is very low in calories and provides a healthy alternative with plenty of flavor and spice.
- When you are full, stop eating. Listen to your body and what it tells you.
- If you get full, take half of your meal home. The second portion of your meal can serve as a second meal later. This way, you get two meals for the price of one.
- If you're looking to eat less, order two appetizers or an appetizer and a salad as your meal.
- If you get a choice of side dishes, get a baked potato or steamed vegetables instead of french fries.

- Always look for food on the menu that's baked, grilled, broiled, poached, or steamed. These types of cooking use less fat in the cooking process and are usually much lower in calories.
- Plain bread or rolls are low in both fat and calories. When you add the butter and oil, you increase the fat and calorie intake.
- As key ingredients to your meal, choose dishes with fruits and vegetables. Both fruits and vegetables are great sources of dietary fiber and contain many vitamins and minerals.
- Choose foods made with whole grains, such as whole wheat bread and dishes made with brown rice.
- If you crave dessert, look for something with low fat, such as berries or fruit.
- Always remember not to deprive yourself of the foods you truly love. All types of foods can fit into a well balanced diet.

## **Eating Healthy on the Run**

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Whether you're traveling on the go or around the home, you don't need to give up healthy eating simply because you are on the run. The fact

is, healthy eating is even more important when you're trying to keep up with a busy schedule.

Having a good diet will help your body to handle stress better. As you hustle about, a healthy meal is probably the last thing you think about. The following tips can help you eat when you're on the go.

### ***Restaurants***

With tempting menus, large portions, and a festive atmosphere, it's easy to skip healthy eating. It's okay to splurge every now and then, although you'll pack on a lot of weight if you make it a habit. When you eat out at restaurants, always be smart about it.

### ***Airports***

An airport can be a very stressful place, although you shouldn't scrap your diet because of it. Eat because you are hungry, not because of stress, boredom, or to kill time.

### ***In your car***

Keep some healthy snacks in your car at all times, so that when you get hungry - you have them.

## ***At home***

Evenings and mornings are busy times in most homes. Making the time to eat can be hard, although you shouldn't run out the door without eating breakfast first. Cereal with milk, a banana, muffin, or even a bagel is a great way to start the day.

Anytime you are on the go, always make sure that you make the right food decisions. You can take healthy food with you if you need to, so that you have it when you need it. Eating healthy on the go is easy to do, once you know how. Never sacrifice healthy food for junk, as your body will regret it later.

## **Eating Healthy On Vacation**

It can be very tempting to abandon your good sense of healthy eating on vacation. Although you may strive for healthy eating, it's easy to drift off and grab an ice cream cone here and there. There are, however, ways to watch what you eat on vacation.

It's easier than ever these days to request a low fat or vegetarian meal on airplane flights. If you choose to instead drive to your destination, the quest to find healthy food can get a bit more complicated.

Rather than simply relying on greasy foods for nutrition, pack some nutritious foods in a cooler full of ice packs. Fruits and vegetables, crackers, yogurt, and sandwiches are all great to have with you on the



road.

Once you arrive at your hotel, you should do yourself a favor and turn the mini-bar key down - as this helps to avoid the temptation. If your hotel offers a continental breakfast, stick to fruits, cereals, and proteins. If your hotel has a stove or microwave, consider bringing your own healthy food with you.

If you simply must eat out, do so only when you are hungry. Restaurants will usually serve large portions, so be careful. If you do go a bit over on a meal, simply cut back on the next.

If you find it hard to fit in three square meals a day, try to fit in six smaller meals or snacks, as your body needs fuel every four hours or so. When you eat out, avoid appetizers. Whatever you do, do not miss any meals.

When it's possible, you should avoid eating large meals at night. When your body gets ready for sleep and slows down, it also burns calories at a much slower pace. Never eat bread before bed, and make sure to avoid the butter. Choose fish or poultry for your meal instead, and include vegetables as a side dish.

Even though it may sound hard, eating healthy on vacation isn't really that difficult. All you have to do is use a little will power, and pass up foods that you know are not good for you. This way, you'll enjoy healthy eating and a healthy lifestyle wherever you go.

The next time you go on a vacation, always remember that eating healthy

is a way of life. You can afford to get something you crave, although you shouldn't make a habit of it. One ice cream cone or a pizza isn't going to matter - as long as you know when to stop.

## **Tips for Healthy Holiday Eating**

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When the holidays arrive, many people forget all about their diets and healthy eating. Weight gains of 7 to 10 pounds are common between Halloween and Christmas. To make the holidays easier, these tips will help you with healthy eating through the season and not gaining weight.

Most traditional foods can be made low fat. Turkey is very lean without the skin, and gravy can be made without any fat. Potatoes that are served without butter can be very healthy. The beloved pumpkin pie is nutritious, although it can be made into a fatty dessert with the adding of whipped cream.

Even though the holidays are in, don't forget about the exercise. You should plan a walk after meals, park farther from stores when you shop, and take a few walks around the mall before you begin shopping.

During holiday parties and at family dinners, feel free to sample foods although you shouldn't splurge. Decide on what you plan to eat in advance, then stick to your plan. Eat plenty of vegetables, fruit, low fat dressings, and slices of lean meats. Before you go to a party, eat a small snack to help curb your appetite.

If at all possible, avoid alcohol. Having too many drinks can cripple your will power, and also add excess calories to your diet. In the place of alcohol, drink water with lemon. Water can help to limit your appetite and keep you from bingeing. Also make sure to avoid eggnog, as each glass can have up to 300 calories.

Be flexible with your healthy eating, as one bad meal will not ruin your diet. Try to balance your calories over a few days and don't just look at one meal or day.

## **Kids Eating Healthy**

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Fast food is a big part of modern life these days, making it very hard to teach a child how he or she should eat healthy. The cheapest and easiest foods are those that are normally the least healthy. If you give your child the choice between healthy food and junk food, you normally will not like the results.

Even though it isn't possible to get a child to like all healthy foods, there are some ways to get your child to try and hopefully like at least a few of them. You can be as creative as you like, as getting kids to eat healthy foods can be a little harder than you may think.

- Sneak the healthy food in. Even though it would be great if your kid understood the importance of fruits and vegetables, this isn't always possible. If you can't get them to eat good food willingly, there are

ways to sneak them in, such as making muffins out of bananas or apples, or pizza with spinach on it.

- Call fruits and vegetables by funny names. You can refer to broccoli as "trees", making them more fun to eat. There are many different names you can call fruits and vegetables, even making up your own if you prefer. Most kids prefer to eat foods that sound fun.
- Make the foods taste better. Ranch dressing is great for broccoli, while peanut butter is a great topping for celery. There are several combinations for vegetables that can make them taste much better. You can let your child pick a topping for a vegetable, even if it's something you wouldn't normally like yourself.
- Dress the vegetables up. Just as much as calling them names help kids eat healthy foods, making them look funny also helps. You can do this by making funny designs on the plate, or setting them up to look like people. Although some parents don't like their kids playing with their food, sometimes it helps to get them to eat healthier.

There are several ways to make your kids eat healthier, but to make them enjoy it also has to be fun as well. This isn't always an easy task, because kids normally don't like foods that are good for them. It can, however, be done with a bit of creativity. Hopefully, doing this will help your child develop a love of healthy foods for the rest of their lives.

## Healthy Breakfast Ideas for Kids

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A lot of studies and research has shown that kids who eat breakfast perform better in school and have a healthier diet. Eating breakfast will help promote the proper growth and maximize school performance as well.

Breakfast is often times a victim of the morning time crunch. Even though you may be tempted to skip breakfast, you can simplify your morning routine by following these 8 tips:

1. Finish homework and pack school bags at night.
2. Decide on what your children will wear to school before you go to bed and locate lost shoes for the following day.
3. In the morning, get up 15 minutes earlier.
4. Give up computer games and morning television.
5. Have healthy foods on hand. You should also shop for breakfast foods with your kids and take into account their personal preferences.
6. Set the cereal out the night before. For younger children, fill a zippered plastic bag with her portion, then add the milk in the morning.
7. Allow your children to use the microwave often, as most breakfast foods can be prepared in less than 5 minutes.
8. Allow your kids to eat in the car or on the way to school.

There are several foods that you can eat for breakfast, even leftovers from supper if they are sufficient. You can eat bagels, pizza with fruit juice,

pretzels, or the normal bacon and eggs that breakfast is known for. Most foods are a snap to prepare, and will not take you but a few minutes.

The next time you are in a hurry in the morning, remember that you are probably about to skip the most important meal of the day. If you follow the tips above, you'll find that you have plenty of time for breakfast.

## **Eating Healthy For Students**

For students, eating at college is an entirely new ballgame, with late night pizza deliveries. Even though some of these quick and simple options taste great, they are probably not healthy for a student's body.

The food choices students make can affect whether or not they are able to remain awake during class and whether or not they will come down with mononucleosis when it hits campus. The problem is not only about eating junk food, it's more about not getting the proper proteins, carbs, vitamins, and minerals that people need.

When it comes to defending against illnesses, vitamins and minerals are very important. Just because they are important, isn't a reason for students to run out and stock up on vitamins and supplements. It's best for students to get their nutrition from food.

You can find vitamin C in citric fruits, Vitamin A in milk and dairy products, and vitamin E in nuts, whole wheat products, and even green

leafy vegetables. This is the ideal way to get nutrition, as your body relies on these vitamins for many reasons.

When you eat on campus, skip on the sodas and go right to the juice machines. Explore the different entrees available and go to the salad bar where there are fresh vegetables. You can also try putting some broccoli and cauliflower in the microwave for steamed vegetables. There are always healthy cereals and plenty of fresh fruit available in dining halls as well.

Always remember that eating healthy isn't just about avoiding greasy foods. Eating healthy involves getting a balanced diet and getting the right nutrients and vitamins to keep your body in peak performance - or at least awake during your classes.

## **Eating Healthy during Pregnancy**

Starting off your pregnancy with a healthy, well balanced diet is the best thing you do for yourself and your baby.

### ***Your first trimester***

If you find it tough to maintain a balanced diet during your first trimester, you can rest assured that you're not alone. Due to queasiness, some women will eat all of the time and gain a lot of weight in the process. Other women have trouble getting food down and subsequently lose weight.

Preventing malnutrition and dehydration are your most important factors during first trimester.

### ***Calories***

When you are pregnant, you need to consume around 300 calories more than usual every day. The best way to go about doing this is listening to your body when you are hungry. You should try to eat as many foods as possible from the bottom of the food pyramid.

If you gain weight too slow, try eating small meals and slightly increase the fat in your diet. You should always eat when you are hungry, as you are now eating for 2, instead of one.

### ***Calcium***

By the second trimester, you'll need around 1,500 milligrams of calcium each day for your bones and your baby', which is more than a quart of milk. Calcium is something that's missing from many diets. Along with milk, other great sources for calcium include dairy products, calcium fortified juices, and even calcium tablets.

### ***Fiber***

Fiber can help to prevent constipation, which is a common pregnancy problem. You can find fiber in whole grains, fruits, and even vegetables. Fiber supplements such as Metamucil and Citrucel are safe to take during



pregnancy.

### ***Protein***

Unless you happen to be a strict vegetarian, your protein intake is not normally a problem for women who eat a healthy diet.

### ***Iron***

A lot of women will start their pregnancy off with a bit of iron deficiency. Good sources of iron include dark leafy green vegetables and meats. Iron supplements should be avoided, as they can cause internal symptoms such as cramping, constipation, or diarrhea.

### ***Vitamins***

Seeing as how you get a majority of the vitamins you need in your diet, you may want to discuss prenatal vitamins with your doctor. Folate is one of the most important, and if you are getting enough of it, you may be able to avoid vitamins all together - just ask your doctor to make sure.

## **Eating Healthy For Vegetarians**

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The vegetarian way of eating can be a very healthy style of eating. The rules still apply with healthy eating, although you should add variety, balance, and moderation.

A vegetarian is someone who avoids all types of meat, whether it be hamburgers, hotdogs, chicken, or even fish. Vegetarians are also sometimes classified by the type of food they are or are not willing to eat. For example, Lacto-ovo vegetarians will avoid animal flesh yet they will eat eggs and most dairy products. A Vegan on the other hand, will avoid all food that has any trace of animal origin.

Because they don't eat meat, vegetarians will often wonder how they'll get enough protein. Although you may not realize it, the average American actually consumes more protein than he actually needs. For the lacto-ovo vegetarian, dairy products are an excellent source of protein. Vegans on the other hand, get their protein from nuts, seeds, and soy products.

Along the lines of beans, there are several to choose from, including green or red lentils, peanuts, split peas, pinto, soy, kidney, and many more. Some of them you are already familiar with, such as kidney beans in chili, refried beans in Mexican dishes, red beans and rice, and pinto beans. Although some beans taste good as they are, others are available with different flavors to help enhance their taste. Nuts are high in protein, although they deliver a lot more fat than beans, which means you should enjoy them in moderation. By having one cup of cooked beans, you'll get the same amount of protein as eating two ounces of meat!

The nutrients of concern for vegans, who avoid all types of animal food, are vitamin B12, calcium, and vitamin D. In the average North American diet, the primary source for B12 is animals. To have an adequate intake of B12, vegans should regularly consume vitamin B12 supplements or foods,

which contain vitamin B12, such as soy products or milk.

For calcium, vegans can rely on orange juice or soy milk, as they are fortified with calcium. Beans and leafy green vegetables will also contain some calcium as well.

Although all types of vegetarians rely on simple food groups, controlling your vitamins and calcium intake is something you should always do. This is very important for eating healthy, as well as staying healthy. If you control what you eat, you'll have many years of healthy eating ahead of you.

## **Nutrition for the Elderly**

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Healthy eating and nutrition for the elderly is greatly impacted by several factors, one of them being a change in body composition. During the later years in life, the body will lose bone and muscle and gain fat because the hormones are not very active anymore.

There are many factors which hinder an elderly person's health. The information below will help you to lead a healthy life - no matter how old you may be.

### **Water**

Water in the body decreases with age, so many older folks will become dehydrated very easily. Sometimes they will not feel thirsty, while other

times it's too much work to pour a glass a water. With this in mind, it's recommended that they drink at least 1 ounce of water for every 2.2 pounds of weight.

### ***Protein***

At this stage in life, protein is very important. Protein is needed to support a healthy immune system and prevent the wasting of muscle.

Since energy needs are less, older folks should eat high quality protein such as eggs, lean meats, poultry, and fish.

### ***Carbs and fiber***

Carbohydrates are the main source of energy for the entire body. You can find carbs in bread, cereals, pasta, and other grain products. A diet that's high in fiber and water will help to prevent constipation as well.

### ***Fat***

Fat intake for the elderly should be limited, not eliminated. You can limit fat by choosing lean meats, low fat dairy products, and food preparation methods that don't include frying.

## ***Iron***

For the elderly, iron deficiency can be seen with those who are not eating much. Good sources for iron include lean red meats or breakfast cereals.

## ***Zinc***

Meat, poultry, and fish should be a part of your diet to help you meet the requirements for zinc.

## ***Calcium***

Calcium is one ingredient that most elderly folks simply are not getting enough of. Most believe that milk upsets their stomach, and therefore they will avoid it. They should be getting around 1,500 mg of calcium a day, and nonfat powdered milk can be used in recipes as a substitute for milk. Other foods such as yogurt, low fat cheese, and broccoli can also help you meet the requirements for calcium.

## ***Vitamin B12***

In order to absorb the benefits of B12, the intrinsic factor must be produced by the stomach. Most elderly people suffer from a deficiency in B12 because they have a condition known as atrophic gastritis.

This condition causes inflammation of the stomach, bacterial overgrowth, and the intrinsic factor. Without the intrinsic factor, this vitamin cannot be absorbed.

Each one of the above nutrients is needed to keep an aged body in good health. Elderly individuals should try to stay active and strive for a well balanced diet. Even though the aged body isn't the same as it used to be, proper care and the right nutrients can help the elderly enjoy a healthy and long life.

## Summary

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Healthy eating is a way of balancing the food you eat to keep your body in great health. With healthy eating, you'll have energy all day, get the vitamins and minerals you need, stay strong for activities you enjoy, and maintain a healthy weight.

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