

## How to Eat Healthy for Life

Healthy eating is about eating a variety of nutritious foods and drinks that give you the energy and nutrients you need to maintain your health, feel good, and have energy. It also means getting the number of calories that's right for you (not eating too much or too little).



There is no one-size-fits-all definition of healthy eating, as what works for one person may not work for another. However, there are some general principles of healthy eating that most experts agree on. These include:

1. Eating plenty of fruits and vegetables: Fruits and vegetables are packed with vitamins, minerals, and fiber, which are all essential for good health. Aim to eat at least five servings of fruits and vegetables per day.
2. Choosing whole grains over processed grains: Whole grains are a good source of fiber, vitamins, and minerals. Processed grains, on the other hand, have been stripped of their nutrients and fiber. Choose whole-grain breads, cereals, pasta, and rice whenever possible.
3. Eating lean protein: Lean protein is a good source of amino acids, which are essential for building and repairing tissues. Choose lean protein sources such as fish, chicken, beans, lentils, and tofu.

4.Limiting unhealthy fats: Unhealthy fats, such as saturated and trans fats, can raise your cholesterol levels and increase your risk of heart disease. Limit your intake of unhealthy fats by choosing lean protein sources, cooking with healthy oils, and avoiding processed foods.

5.Limiting added sugar: Added sugar is a major source of empty calories that can contribute to weight gain and other health problems. Limit your intake of added sugar by choosing unsweetened beverages, avoiding sugary snacks and desserts, and checking the ingredient labels on packaged foods.

6.Drinking plenty of water: Water is essential for good health. Aim to drink eight glasses of water per day.

### **Moderation: important to any healthy diet:**

What is moderation? In essence, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. For many of us, moderation means eating less than we do now.

Try not to think of certain foods as “off-limits.” When you ban certain foods, it's natural to want those foods more, and then feel like a failure if you give in to temptation. Start by reducing portion sizes of unhealthy foods and not eating them as often. As you reduce your intake of unhealthy foods, you may find yourself craving them less or thinking of them as only occasional indulgences.

Think smaller portions. Serving sizes have ballooned recently. When dining out, choose a starter instead of an entree, split a dish with a friend, and don't order supersized anything. At home, visual cues can help with portion sizes. Your serving of meat, fish, or chicken should be the size of a deck of cards and half a cup of mashed potato, rice, or pasta is about the size of a traditional light bulb. By serving your meals on smaller plates or in bowls, you can trick your brain into thinking it's a larger portion.

Take your time. It's important to slow down and think about food as nourishment rather than just something to gulp down in between meetings or on the way to pick up the kids. It actually takes a few minutes for your brain to tell your body that it has had enough food, so eat slowly and stop eating before you feel full.

Eat with others whenever possible. Eating alone, especially in front of the TV or computer, often leads to mindless overeating.

Limit snack foods in the home. Be careful about the foods you keep at hand. It's more challenging to eat in moderation if you have unhealthy snacks and treats at the ready.

Control emotional eating. We don't always eat just to satisfy hunger. Many of us also turn to food to relieve stress or cope with unpleasant emotions such as sadness, loneliness, or boredom. But by learning healthier ways to manage stress and emotions, you can regain control over the food you eat and your feelings.

### **It's not just what you Eat, but When you Eat:**

Eat breakfast, and eat smaller meals throughout the day. A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals keeps your energy up all day.

Avoid eating late at night. Try to eat dinner earlier and fast for 14-16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.

### **Add more Fruit and Vegetables to your Diet:**

Fruit and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Focus on eating the recommended daily amount of at least five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods. A serving is half a cup of raw fruit or veg or a small apple or banana.

### **Benefits of Healthy Eating:**

There are many benefits to eating a healthy diet. These include:

- 1.Improved weight control: Eating a healthy diet can help you lose weight or maintain a healthy weight.
- 2.Reduced risk of chronic diseases: Healthy eating can help reduce your risk of developing chronic diseases such as heart disease, stroke, type 2 diabetes, and cancer.

3.Increased energy levels: Eating a healthy diet can give you more energy throughout the day.

4.Improved mood: Healthy eating can help improve your mood and reduce stress levels.

5.Better skin: Healthy eating can help improve the appearance of your skin.

6.Increased lifespan: Studies have shown that people who eat a healthy diet tend to live longer than those who don't.