

# Healthy Eating: Tips, Choices and Guides

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## Healthy Food Choices

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 cut 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 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.

## **Tips for healthy eating**

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 aren't 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 food nor any bad foods. All food can be a part of a healthy diet, when eaten in moderation. You dont need to buy any low carb, fat free, or even diet foods, as these foods normally have lots of other added ingredients to replaces the carbohydrates or fat.

## **Heating Healthy During Pregnancy**

Starting off your with a healthy well balanced diet is the best thing you do for yourself and your baby. This way, youll only need to make a few adjustments during your pregnancy.

### **Your first trimester**

If you find it tough to maintain a balanced diet during your first trimester, you can rest assured that your 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, youll 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 thats 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.

Also please remember that drinking alcohol, smoking and do drugs while pregnant is harmful for you and the baby and can cause many problems, like miscarriages, premature birth, birth defects and even death.

## Healthy Eating for Kids

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 wont like the results.

Even though it isnt 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 isnt always possible. If you cant 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 its something you wouldnt 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 dont 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 isnt always an easy task, because kids normally dont 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.

## Who wants to eat healthy and know how?



**If you have any interest at all in healthy food...** if you want to eat healthy and maybe do something for the environment...or even growing your own food and saving a bit of money ....then this book is for you!

Turns out organic cooking is not complicated once you know a few basics. In fact, it's way easier (and in most cases healthier!) than trying to cook by some crazy fad diet guidelines!

Some of the reasons are:

- **Organic food is readily available at most grocery stores**
- The preparation methods aren't all that different (if you can already cook, you're half way there!)
- **You can EASILY grow your own foods to cook and it is cheaper !**  
(and you do not need to own a farm to do that! ;-)
- Organic foods are free of man-made chemicals, poisons, and pesticides – **they're much healthier for you!**

And you don't need to be a great cook to enjoy this “organic lifestyle”.

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