

Detox Diet Foods: Recipes for Healthy Living

Just surf the internet or leaf through the pages of magazines and you will come to find out the description of a number of detox programs vying for your attention. The different detox plans come with different objectives and their paths of action are also different from each other. There are detox programs that aim at cleansing your colon; there are many that may target your liver for its detox action. An efficient detox program is one that tactfully weaves all these programs into a total health plan. This type of detox plan can restore back your lost health, energy and vitality.

Although there are different approaches to detoxification dealing with the problem at different levels, most of them begin at the level of diet. Different detoxification diets help the body to get rid of toxins in different ways. As a whole, the detox diet emphasizes on a healthy whole food diet backed up by plenty of liquid consumption.

A typical detox diet consists of fiber rich fresh fruits and vegetables. During detox these fruits and vegetables are recommended to be consumed raw. These foods are also replete with multiple vitamins, minerals and antioxidants. Above all, there are plenty of enzymes to aid in the process of digestion. All these nutrients nourish the eliminative organs; contribute to make healthy bowels and works for the smooth elimination of the waste from the system. These detox diets are typically free of animal products and therefore easy to digest. Thus these vegetarian diets are good at flushing out the chemicals from the body.

A detox diet is not boring or tasteless, although it restricts the intake of certain types of foods.

- Nearly 40% of detox diet should be composed of fresh fruits and vegetables. The ideal detox diet includes variety of colorful, especially red and green vegetables like broccoli, cauliflower, sprouts, onions, garlic, artichokes and beets.
- Types of beans are major component of a detox diet and they supply the necessary protein to the body. Split yellow and green peas, lentils, kidney beans, chickpeas and pinto beans can enhance the efficiency of your detox diet.
- Among the whole grains, rice is the first choice of many of the detox nutritionists for their easy digestive properties. You can also consume such grains as quinoa, amaranth, millet or buckwheat in the place of rice from time to time.
- Nuts and seeds are another major component of your detox diet. As a part of the detox diet you can consume flaxseed, pumpkin seeds, sesame seeds, sunflower seeds, almonds, cashews and walnuts, but avoid peanuts.
- the foods you should avoid roughly are:
 - dairy products, wheat, corn, yeast, red meat, alcohol, food additives and preservatives, chocolate and other calorie rich foods.
 - Also complement your diet with probiotics, psyllium, activated charcoal, or bentonite clay for easy bowel movement. Back them up all by taking plenty of drinking water per day. Drinking two cups of vegetable broth is also helpful for the cleansing process.

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About the Author

Jason Uvios writes about "Detox Diet Foods: Recipes for Healthy Living" to visit : <http://www.detox-diets-usa.info>, <http://www.detoxdiets-today.info> and <http://www.detoxdiet-today.info>