

Cut The Hype. What Is A Healthy Diet?

With all the attention on the various low-carb diets out there, it's difficult to make sense of it all. Should you eat more protein or more fiber? The fact is that there is a lot of information out there to confuse you. The most important thing is moderation. Don't overdo it on any particular food group. Obviously, you can't eat too many sweets.

Another important key to a healthy diet is planning ahead of time. Don't just gorge yourself on a big dinner and skip breakfast. Eating 4-6 smaller meals throughout the day is much more beneficial. This keeps your metabolism going throughout the day and, therefore, burns more calories. It's common sense if you think about it. If you only feed your stomach a huge portion twice a day, it gets in the habit that it won't get any more food for another 8 hours or so. It therefore holds onto all the food as long as it can. On the other hand, if you eat frequently, the stomach doesn't need to hold onto the food and store it into fat. It simply processes it and moves onto the next meal. This is by far the healthiest way to eat.

Besides the frequency that you eat, you also need to choose foods that are good for you. Although those jelly donuts look delicious now, you'll be beating yourself up later in front of the mirror. Here are a few keys to selecting the foods you need.

Eat a wide variety of foods. Don't try to eat the same thing every day. Your taste simply won't allow it. Even if you think you can eat the same thing every day, you probably won't. Eat foods that offer a lot of fiber. This is the fruits and vegetables portion of this article. Yes, you do need to eat vegetables, but don't beat yourself over the head with them. A few servings of fruits mixed in will help ease the pain.

Don't eat too much sugar. Sugar is one of the biggest problems in our society today, but, man, does it make food taste great! Everyone knows it's difficult to eliminate sugar from your diet, but you can lower your intake. If at all possible, try to cut out soda. This is by far the worst drink you could have. Seeing how much sugar actually goes into a soda would shock you. We can go into much greater detail on what to eat and what not to eat. The chances are, you know deep down whether what you eat is good or bad. Just trust yourself and mix it up a little.

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