



Top Ways to Healthier Eating

Good nutrition is essential for a better quality of life. The secret is to eat the appropriate amount of food from each group. Check out the following tips:



Eat a lot of fruit: Eat a variety of fruit every day. For a recommended 2000 calories, you need to eat 2 servings of fruit. Fruit provides vitamins and minerals that are good for your immune system.



Get the benefits of milk: Have 3 glasses of milk or a slice of cheese to get the calcium that you need for stronger bones. Yogurt is also the best option for a better digestive system.



Eat grains: You need a lot of energy so you can eat 3 servings of grains like cereals, bread or rice every day. One serving is equivalent to a slice of bread or ½ cup of rice.



Vary your vegetables: Alternate green vegetables like spinach, celery, and orange vegetables like carrots. Veggies give nutrients to maintain healthy skin, eyes, and at the same time prevent heart problems.



Vary your protein: Protein is an important component for every cell in your body. Get your protein from beans, fish and meat. like salmon is especially good for your brain.



Be careful with sugar and junk food. Everybody likes candies, ice cream, hamburgers and hot dogs. However, too much sugar and junk food may provoke diabetes and obesity.



