

8 tips for healthy eating.

How often do we pause and reflect before eating, asking ourselves if what we're eating is healthy? Healthy eating entails eating a variety of foods that provide you with the nutrients you need to stay healthy, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is extremely important for everyone; when combined with physical activity, it helps your body stay strong and healthy.

Let's delve into the tips:

➤ **Cut down on excess fat and sugar**

Fats are an important part of a healthy diet, but keep track of how much and what type of fat you consume. There are two types of fats: saturated and unsaturated. Too much saturated fat can raise the level of cholesterol in the blood, increasing the risk of a heart attack.

Consuming sugar-rich foods and beverages on a [regular basis](#) can increase the risk of obesity and even tooth decay. More than 22.5g of total sugars per 100g indicates that the food is high in sugar, whereas 5g of total sugars or less per 100g indicates a low sugar content. The labels on foods indicate how much sugar they contain. Healthy eating requires intentionality.

➤ **Eat more vegetable and fruits.**

A good diet should contain vitamins and minerals, vegetables and fruits are good examples of foods that contain these nutrients. You won't find a better nutritional source than fruits and vegetables, which are also packed with vitamin A, C and E as well as magnesium, zinc and even folic acid. Fruits contain lots of fibers which helps to boost your gut, what you need to note is that some fruits have more than others.

Fruits, particularly vegetables, are low in calories and fat, allowing you to eat more to stay full without worrying about excess calories or fat. This is a significant advantage and benefit of eating nutritious foods.

➤ **Eat less salt.**

Did you know that packaged and everyday foods account for roughly three-quarters of our salt intake? When we taste food and feel that the salt isn't enough, we frequently add excess salt, which research has shown to be harmful to our health. Eating too much salt can cause [high blood pressure](#) which leads to an increase in the risk of heart attacks and strokes. More than 1.5g of salt per 100g means the food is high in salt.

➤ **Water is the best option for quenching your thirst.**

There are several options for quenching your thirst, but water remains the best option because it is calorie-free and available almost everywhere. Quenching your thirst with calorie drinks on a regular basis can lead to weight gain and increase your risk of developing type 2 diabetes. Other drinks, taken in moderation, are good and can fit into a healthy diet.

Fluids are an essential component of our diet. We need to keep healthy amount of water in our body, that means drinking 6 to 8 glasses of water per day.

➤ **Eat more fish**

Fish is a high-protein, vitamin- and mineral-rich food. It is actually a low-fat, high-quality protein rich in [omega 3 fatty acids](#) like D and B2. Our bodies do not produce omega 3 fatty acids, so we must obtain them from the foods we consume. Omega 3 fatty acids can be found in almost any type of fish, but they are particularly abundant in fatty or oily fish like sardines, mackerel, salmon, and trout.

Some of the benefits of Omega 3 fatty acids include;

- ❖ May prevent and lower the risk of inflammation.
- ❖ Helps to maintain a healthy heart by lowering blood pressure and reducing the risk of heart attack and strokes.
- ❖ Aids in healthy brain function and infant development and vision during pregnancy.
- ❖ May reduce the risk of depression, Alzheimer's disease and dementia

➤ **Do not skip breakfast**

Many people choose to skip [breakfast](#) for a variety of reasons, including the belief that skipping breakfast will help them lose weight, which is a myth. We should be aware that breakfast boosts our metabolism and helps us burn calories throughout the day.

Breakfast breaks the overnight fast by replenishing your supply of glucose, which boosts your energy and alertness, as well as providing other essential nutrients for good health. Breakfast boosts your brain power and gives you the energy you need to focus and complete tasks.

➤ **Base your meals on starchy foods.**

According to research, starchy carbohydrates should account for slightly more than one-third of our diet. Carbohydrates include potatoes, bread, rice, pasta, and cereals. Try to incorporate at least one starchy food into each main meal. Some people believe starchy foods are fattening, but gram for gram, the carbohydrate they contain provides less than half the calories of fat.

Keep an eye on the fats you add when you're cooking or serving these types of foods because that's what increases the calorie content like for example, oil on chips, butter on bread and creamy sauces on pasta.

➤ **Get more active**

Regular exercise is a critical component of maintaining a healthy body. It is one of the most beneficial things you can do for your health. Physical activity can improve your brain health, help you lose weight, lower your risk of disease, strengthen your bones and muscles, and improve your ability to perform daily tasks. Most adults should lose weight by consuming fewer calories. If you want to lose weight, try eating less and being more active. A healthy, balanced diet can help you stay at a healthy weight.

With these eight invaluable tips for healthy eating, you can start your journey to optimal health.