

## 10 HEALTHY EATING TIPS

Everyday, we are surrounded with millions of food choices. Some of them are supposed to be healthy. Others are allegedly bad for you. What is the truth behind the foods?

Let us look at ten so-called eating tips to find out what these foods really bring to the table so that you can make better choices:

### 1. The Low-Carb-Diet

Ever body keeps telling you to stay away from carbohydrates, which drives most professionals in the nutrition and fitness industry crazy, because - after all - carbohydrates are our main source of energy.

If we do not fuel our body with energy we cannot expect it to perform any tasks for us, from thinking and reading to exercising. Usually, the recommendation is that about 60% of your diet should come from carbohydrates.

Unfortunately there is a big misconception about what a carbohydrate is. We have created a little quiz to check your carb-knowledge:

	CARBO-HYDRATE	PROTEIN	FAT
Bread			
Salad			
Milk			
Cereal			
Juice			
Cheese			
Yams			
Salmon			
Almonds			
Chicken			
Soymilk			
Avocado			

### 2. Good Carb, Bad Carb

Whereas there are some carbs that are important for you because they are loaded with vitamins, fiber or antioxidants, there are also those that you should try to reduce on your plate.

Some suggestions for the good ones would be salad, yams, milk and oatmeal. And some of the bad ones would be cereals, white bread, and pasta.

### 3. Carbs + Protein = OK

It takes our body approximately one hour to fully digest carbohydrates. Afterwards, our body will make the energy available. This means that if you are not using this energy (e.g. working out) immediately, it will be stored to fat. And yes, all the wrong places.

However, if you combine your carbohydrate (salad) intake with a protein (chicken), you will extend the digestive process for up to three hours which results in more time released energy, so less – if any – gets stored to fat.

#### **4. 20% Sugar Rule**

Still uncertain which carbs are OK? Check the nutritional facts: When eating carbohydrates, make sure the amount of sugar in the carbohydrates is less than 20%. By the way, a good example for too much sugar in a carb is orange juice.

#### **5. Natural Does Not Always Equal Healthy**

This mostly refers to juices and fruit. Yes, they are loaded with antioxidants and fiber. BUT also with sugar. So, be aware of that and try not to splurge.

#### **6. Not All Fats Are The Same**

Fats are important in our diet. Amongst other things, fats provide energy, help to absorb vitamins, make calcium available and protect our inner organs. Fats also slow down the digestive process, leaving you satisfied longer.

Some of them are good and others are not so good. The good ones can be found in avocado, sunflower seeds, almonds, olives and salmon. So-so would be cheeses. The bad ones are mainly butter and margarine.

Of course, since fats provide high density of energy (read: high calories), you should try not to consume fats in excess.

#### **7. Eat The Whole Spectrum ...**

You probably know these people: Their diet does not allow them to eat certain foods. Instead of counting out certain food groups – which may have antioxidants, fiber, vitamins or you simply like them - have the entire spectrum. But be aware how to combine them as well as when to stop eating.

#### **8. ... But Stay Away From Soy**

Latest research indicates that soy has been misunderstood for a long time. As opposed to it being super-healthy, it is actually not so good for you. First of all, this carbohydrate contains high levels of estrogen, it fails the 20%-Sugar-Rule and then our digestive system cannot appropriately absorb it, which - amongst other things - results in gas.

#### **9. Anti-Oxidize**

There are these wonderful foods that are loaded with antioxidants that energize, and de-stress you and – even better - make you look and feel younger. Some great sources would be the teas by teavalize.

#### **10. No Faddy Diets**

Every now and then somebody comes up with the new hip diet which – this time for sure – is going to help you drop weight.

Here is our advice: Instead of following the yoyo-ing masses, educate your self. One solution may be to temporarily work with a dietician or nutritionist. They will teach you to make better choices – for good.

So, stay well and enjoy life!

Answer to Quiz:

	CARBO-HYDRATE	PROTEIN	FAT
Bread	X		
Salad	X		
Milk	X		
Cereal	X		
Juice	X		
Cheese			X
Yams	X		
Salmon		X	
Almonds			X
Chicken		X	
Soymilk	X		
Avocado			X