

HEALTH TIPS FOR THE MONTH OF APRIL 2017

HEALTHY EATING IS IN YOUR MIND

EASY TIPS FOR PLANNING A HEALTHY DIET AND STICKING TO IT

Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible- all of which can be achieved by learning some nutrition basics and using them in a way that works for you.

Healthy eating begins with learning how to “eat smart” –it's not just what you eat, but how you eat. Your food choices can reduce your risk of illnesses such as heart disease, cancer and diabetes, as well as defend against depression. Additionally, learning the habits of healthy eating can boost your energy, sharpen your memory and stabilize your mood. You can expand your range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet.



Here you go with Healthy eating tip:

1. Set yourself up for success
 2. Moderation is key
 3. It's not just what you eat, it's how you eat
 4. Fill up on colorful fruits and vegetables
 5. Eat more healthy carbs and whole grains
 6. Enjoy healthy fats & avoid unhealthy fats
 7. Put protein in perspective
 8. Add calcium for strong bones
 9. Limit sugar and salt
 10. Plan quick and easy meals ahead
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1. **Set yourself up for success:** Think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change. If you approach the changes gradually and with commitment, you will have a healthy diet sooner than you think.

Simplify. Instead of being overly concerned with counting calories or measuring portion sizes, think of your diet in terms of color, variety and freshness-then it should be easier to make healthy choices. Focus on finding foods you love and easy recipes incorporate a few fresh ingredients.

Gradually, your diet will become healthier and more delicious.

Start slow and make changes to your eating habits over time. Trying to make your diet healthy overnight isn't realistic or smart. Changing everything at once usually leads to cheating or giving up on your new eating plan. Make small steps, like adding a salad (full of different color vegetables) to your diet once a day or switching from butter to olive oil when cooking. As your small changes become habit, you can continue to add more healthy choices to your diet.

Every change you make to improve your diet matters. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet. The long term goal is to feel good, have more energy and reduce the risk of cancer and disease. Don't let your missteps derail you- every healthy food choice you make counts.

Think of water and exercise as food groups in your diet.

Water. Water helps flush our systems of waste products and toxins. Yet many people go through life dehydrated-causing tiredness, low energy and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choice.

Exercise. Find something active that you like to do and add it to your day, just like you would add healthy greens. The benefits of lifelong exercise are abundant and regular exercise may even motivate you to make healthy food choices a habit.

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