

RULES OF HEALTHY EATING



Two basic questions to ask and answer:

- *What to eat?*
- *How to eat?*

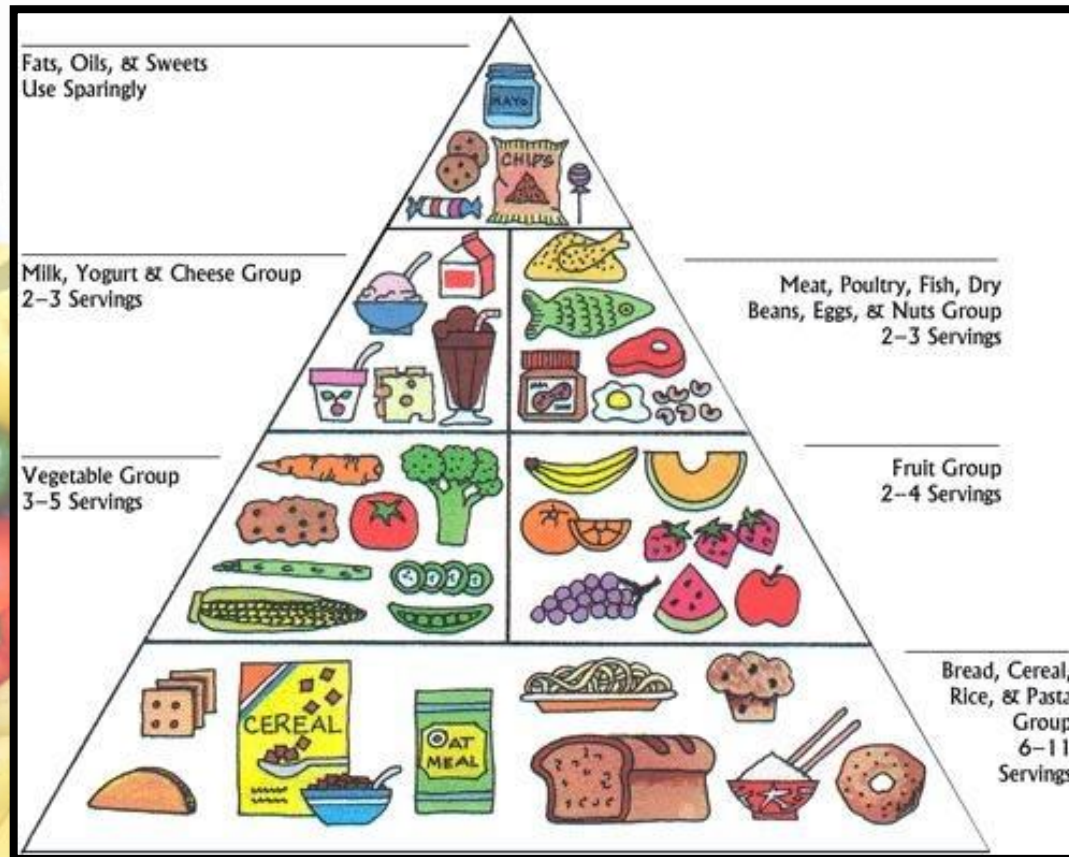




WHAT TO EAT?

Food pyramid

The pyramid is an outline of what to eat each day. It's a general guide that lets you choose a healthful diet that's right for you.



Mix it up

You need an array of foods on your plate every day, because different foods supply different nutrients. Eat a rainbow assortment of produce, along with a mix of healthy proteins and fats.



EAT REAL FOOD

Much of the “food” sold in grocery stores today isn’t real food at all but processed food products. Look at the ingredients—actually you can only pronounce half of them. Manufacturers often add in sodium, sugar or unhealthy fats. For good eating, stick with whole foods such as fresh vegetables and fruits. Cut out the overly processed chemically engineered foods, and go straight to the source.



EAT MORE VEGGIES AND VARY THEM

Now we can eat fruit and veggies whenever we want, not only during a certain season. So varying your veg and eating what's in season is the best solution.

”We can always make more room on our plate for veggies—and the more colorful, the better.”



EAT LOCAL FARE

Food that doesn't have to travel long distances offers you better nutrition. Large industrial farm operations pick produce early so they can ship it long distances and avoid spoilage in transit. However, harvesting many types of fruits and vegetables before they mature reduces their nutrient content.

For good eating, visit farmers markets and stands for local, seasonal food.

TRY OLD GRAINS

The term “ancient grains” refers to grains that were eaten for centuries before wheat production became the most dominant form of grain production in the Western world. They provide more vitamins, minerals, fibre and protein than modern wheat. Some are also gluten free, which helps serve the growing demand for healthier products by consumers.

EAT AS MUCH HOME-COOKED FOOD AS POSSIBLE

Eating at home allows you to avoid processed ingredients more easily. It allows your full control over what you eat, and allows you to choose the flavors you prefer. You're much less likely to stuff yourself silly if you eat home-cooked food.



ADD SPICE TO YOUR LIFE



Adding spice to foods means much more than using the salt and pepper shakers. Basil, cayenne, cumin, coriander, ginger, oregano, rosemary and turmeric all add distinct flavours to foods, offering extra taste and valuable nutrition.



HOW TO EAT?



START YOUR DAY WITH BREAKFAST AND DON'T SKIP MEALS

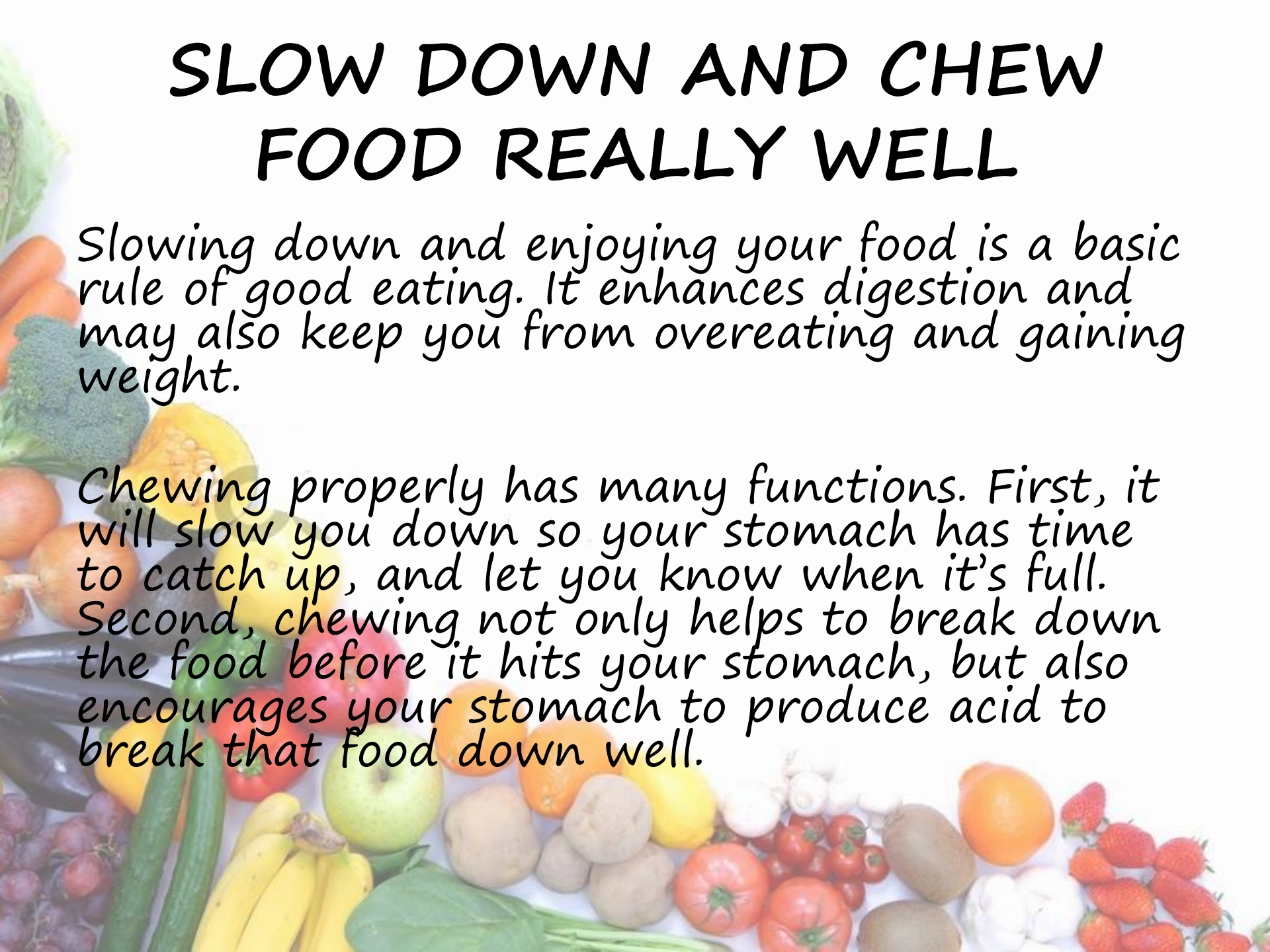
Don't skip your breakfast because it not only improves your memory, mood, concentration but helps burn unwanted calories and boosts energy.

When one skips a meal, body actually thinks that, for whatsoever reason, food is hard to come by. When body thinks so - it does two things to defend from starving. First it reduces its metabolism causing your body to slow down and burn up less fat. Second the meal you eat succeeding a meal you skipped will be transformed almost totally to fat and stored.

SLOW DOWN AND CHEW FOOD REALLY WELL

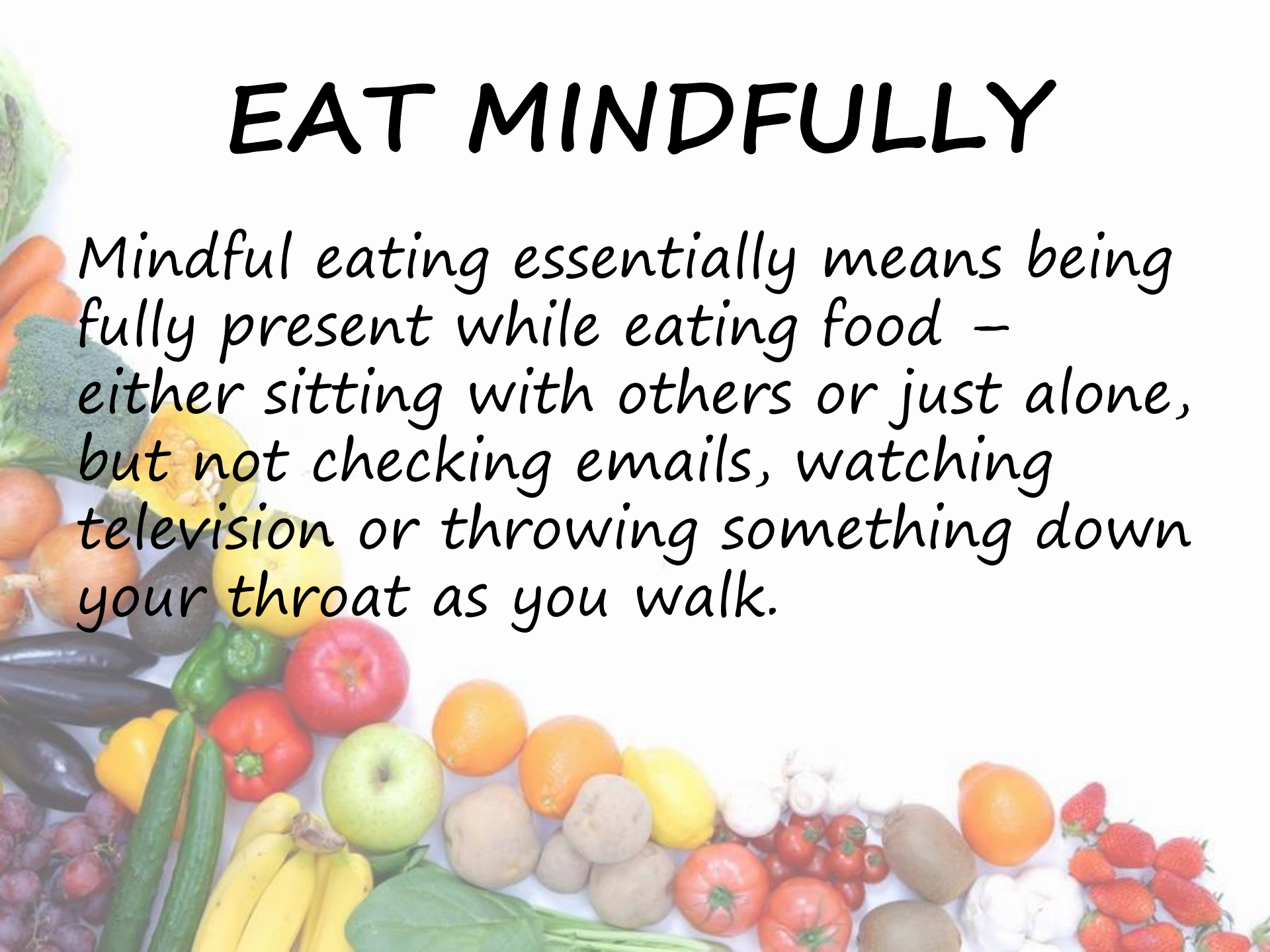
Slowing down and enjoying your food is a basic rule of good eating. It enhances digestion and may also keep you from overeating and gaining weight.

Chewing properly has many functions. First, it will slow you down so your stomach has time to catch up, and let you know when it's full. Second, chewing not only helps to break down the food before it hits your stomach, but also encourages your stomach to produce acid to break that food down well.



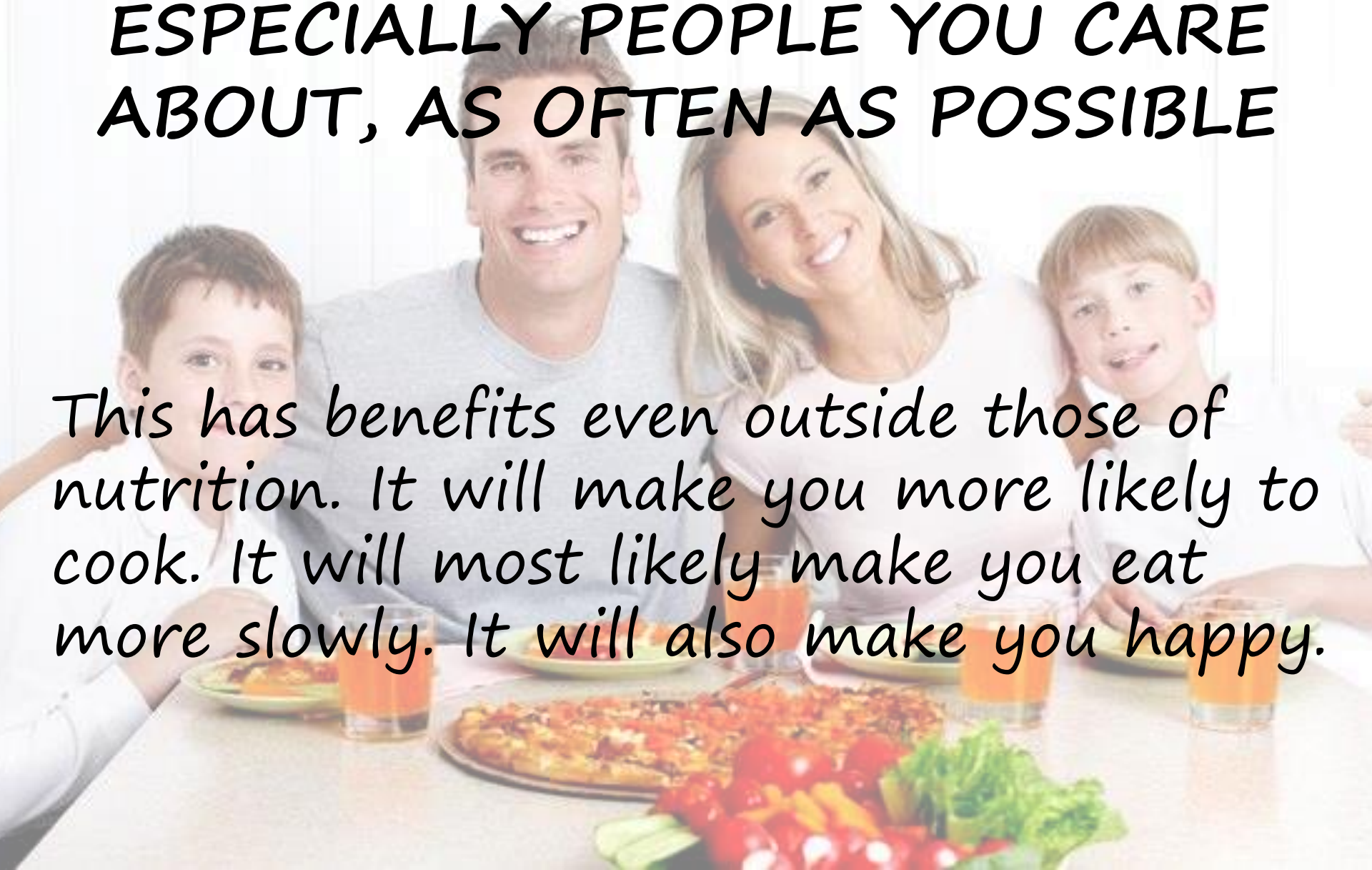
EAT MINDFULLY

Mindful eating essentially means being fully present while eating food – either sitting with others or just alone, but not checking emails, watching television or throwing something down your throat as you walk.



**EAT WITH OTHER PEOPLE,
ESPECIALLY PEOPLE YOU CARE
ABOUT, AS OFTEN AS POSSIBLE**

This has benefits even outside those of nutrition. It will make you more likely to cook. It will most likely make you eat more slowly. It will also make you happy.





The end

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