

How to Easily Plan a Diet for Healthy Eating

A diet for healthy eating should meet all your nutritional needs no matter what actual foods you choose. In this article we'll help you plan a complete diet for healthy eating. Proper planning will insure that you are getting all your nutritional needs met, plus non-nutritional items such as fiber. A healthy diet can help to both prevent and treat certain diseases such as cancer, heart problems, diabetes, and high blood pressure. You may even find that by following a diet for healthy eating you can reduce and manage the symptoms of many medical condition much better. By using a healthy diet you will not only feel better, but you will find you have more energy which can help you to fight stress. A good way of creating a diet for healthy eating is to include plenty of high fiber foods. Foods such as fruit, vegetables, beans and whole grains are high in fiber. You should ensure that you eat between 20 to 30 grams of dietary fiber each day as it helps slow the absorption of carbohydrates into the body. This helps to slow the effect on insulin and blood sugar as well as providing other health benefits. These types of foods can also provide you with important vitamins, minerals and phytochemicals (plant chemicals which are essential to your good health). Also make sure that you include plenty of green, orange and yellow fruits and vegetables in your diet. Some good choices are broccoli, carrots, cantaloupe or other melons, and citrus fruits (oranges, lemons, grapefruit). The antioxidants and other nutrients contained within these foods may well help to protect against developing certain types of cancer and other diseases. You should try to eat 5 or more servings of these types of foods each day. Whenever possible limit the amount of sugary foods that you eat as well as refined grain products (white bread, salty snack foods, and sugar). Most high sugar foods are also high in fat. Reduce the amount of animal fat you include in your diet as it is rich in saturated fat which will boost your blood cholesterol levels. It is better to choose lean meats, skinless poultry and other low fat meats and dairy products. Cut down on the amount of trans fats you have in your diet. These are found in hydrogenated vegetable oils and most often used in processed foods and many fast foods. Instead, try to include more fish and nuts in to your diet for healthy eating instead. These foods contain healthy unsaturated fats. Substitute olive or canola oil for butter or margarine in the future. Creating a diet for healthy eating doesn't mean that you have to radically change your current diet plan. Often, it is simply a matter of substituting healthier foods in place of your usual choices. You may even find that your meals are tastier in the process!

About the Author

Get information about low carb diets, low fat, detox, macrobiotic diets and more from iVillage Health. Learn which diet plan will work for you.

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