

## Healthy Living Food Diet - So What Goes In To A Healthy Diet

A healthy diet is essential for a healthy life whether you are maintaining a normal weight or if you are trying to lose the unwanted pounds. There are certain elements included in a healthy diet. Although the term refers to eating healthy foods, there are other factors that you must consider in your diet. The first of these is balance. Providing balance in your diet means including a variety of foods that give your body all the essential elements it needs to function properly. Most health organizations will tell you that your diet should include a balance of carbohydrates, fats and proteins. The recommended allotment of these foods is Carbohydrates 55-65%; Proteins- 10-15% and Fats at no higher than 30% of the total calories in the foods. When you purchase the weekly groceries, you should read the lists of ingredients on the packaging to ensure that you are keeping within these guidelines. Using the food pyramid for your daily servings of foods will help you eat in moderation. This is another factor to consider for your diet. When you eat in moderation you are eating portions that are sensible and are not consuming too many high calories that your body may absorb as fat. Regulating how much of each of the four food groups you eat and ensuring that you do have a balanced number of servings of each one will ensure healthy eating habits. Vary your diet to include different foods. If you eat the same foods every day in the same amounts, your body may not be getting everything it needs from the foods. Knowing that there are foods you don't like, you could consider supplements that ensure that the body does receive all the vitamins, nutrients and minerals it needs. There are many dietary supplements available in pharmacies and health stores that work well to supplement your daily diet and keep you healthy.

## About the Author

New research suggests the Atkins diet is a safe and effective means of weight loss. But diet experts say it may be too soon to tell from the research.

Source: <http://productsherbal.com>