

Healthy lifestyles with eating

Healthy eating really does keep the doctor away and it may also help us feel better. A balanced diet along with regular exercise can reduce the risk of illnesses such as heart disease, diabetes and perhaps even depression.

The human body needs three essential types of nutrient-protein, fat and carbohydrates-as well as fibre , vitamins and minerals. The key to healthy eating is getting the balance right between the different types of food. The perfect balance is to eat plenty of fruit, vegetables and carbohydrates, some dairy foods, meat and fish, but to go easy on the fats and sugars.

Nutritionists say we should eat at least five portions of fruit and vegetables a day to get all the vitamins and minerals we need. These also provide fibre which helps us digest our food and control our weight.

Carbohydrates, such as bread , pasta and potatoes, provide calories and other nutrients and should make up at least a third of our diet. While protein is essential for building and repairing tissues,it only needs to make up about 15% of an adult diet. The body needs fat to absorb some vitamins, and some fats like omega-3 fatty acids are essential for the brain and may even help learning. Foods rich in unsaturated fats which increase harmful cholesterol levels in our blood.

Processed foods are particularly unhealthy because they are full of fats, sugar and salt and are very high in calories.



So far , there is little evidence to show that the type of food we eat affects our mood . But studies show that eating three meals a day effects the way we feel. Scientists believe that eating breakfast regularly is even more important. Studies show that it improves our mood and memory, gives us more energy and helps us to feel more relaxed. So if you want to feel good throughout the day, don't miss your breakfast.