

Variety of Nutrition

Wednesday, 20 February 2008

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Although it is not easy to eat healthy food for all meals, you should try your best. Finding healthy food to eat is not difficult if you know how to choose right food. **Grains** Six ounces of grains should be eaten in a day. By doing so, you are recommended to eat 3 ounces of whole grains, cereal, bread, rice, cracker or pasta. One ounce of grains can be found in a slice of bread and a cut of cereal.

Vegetables

You are advised to eat 2 ½ cups of vegetables everyday. You can begin with green vegetables such as broccoli and spinach. Carrots and sweet potatoes are also good for health. Variety of dried beans which include peas, pinto beans and kidney beans are full of protein.

Fruits

Two cups of fruit a day is sufficient for body's needs. You can eat them fresh. However, you do not need to eat fresh fruit all the time. You can change to frozen fruit, canned fruit or dried fruit. If you do not feel like eating fruit, try fruit juices.

Milk

Plenty of calcium can be found in milk. Three cups of milk is recommended for adults while 2 cups of milk is enough for 2 to 8-year-old kids. Fat free or low fat milk and yoghurt is good to avoid the problem of obesity. If you do not like milk, try lactose free products or other sources of calcium.

Meat and Bean

Five ounces of meat or bean is enough for body in one day. Meat is full of protein which is needed by your body. To save you from grease when eating meat, you can bake it, grill it or broil it. Do not forget that you can find protein from other sources such as fish, beans, peas and nuts.

Limit solid fat when you cook. Eat small amount of butter, margarine, shortening and lard. They are full of cholesterol. To avoid saturated fat, trans fat and sodium, carefully read food label before you buy it. The label contains essential information consumers should know. Eat wisely, live well. Change your eating habit and always exercise if you really want to have a good figure. No matter what your age may be, healthy eating helps maintain your active lifestyle for years.