

Healthy Eating Habit

Sunday, 24 February 2008

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All of us know well that eating behavior affects our body. Although healthy eating is essential, it is not easy for us to always care for what we eat. Moreover, our healthy eating habit may be obscured by myths.

The following myth busters help you maintain your healthy eating.

1. **Work Out with Empty Stomach** Do not care for any rumbling noises you may hear from your stomach. If you feel hungry before exercising, just have a light snack.
2. **Energy Bar and Drink** Sometimes they are helpful; however, they do not deliver antioxidants the body needs for the prevention of cancer. Fruits and vegetables are your best choices as they contain essential vitamins, minerals, fluid and fiber.
3. **Necessity of Breakfast** It is not a good idea to avoid having breakfast. In the beginning of each day, our body needs something to fill up. It is uncomfortable for us to actively work without breakfast.
4. **Diet with Low Carbohydrate** Your body and muscles need sufficient carbohydrate for the production of energy. Have enough carbohydrate your body needs.
5. **Care for What You Eat** Good eating behavior and exercise do not mean that you can eat what you want. All of us require the same quantity of nutrients whether or not we exercise. Do not forget fruits and vegetables after all meals.
6. **Maintain Appropriate Level of Calories** Weight loss is associated with calories reduction. It is not safe enough to expect immediate outcome. Sufficient calories enable your body to function smoothly. What you can do is to target 1 -2 pounds of weight loss in a week. If you feel that your weight loses too quickly, make sure that you eat a bit more food.
7. **Avoidance of Soda and Alcohol** Water, milk and fruit juices are your best choices of beverage. Often drink these kinds of beverage. Do not wait until you feel thirsty. Your body is running a bit too low by the time you already get thirsty. So try to drink them before you get thirsty. Your health is not likely to get affected from eating these beverages.
8. **Change of Eating Behavior** Caring for what you eat is the first step for remaining in good health. People say "You are what you eat." The healthier food you eat, the better your body will feel. No matter how old you may be, good eating behavior is what you should carry on. Give yourselves a chance for good health. You will definitely notice how good eating behavior changes your life.