

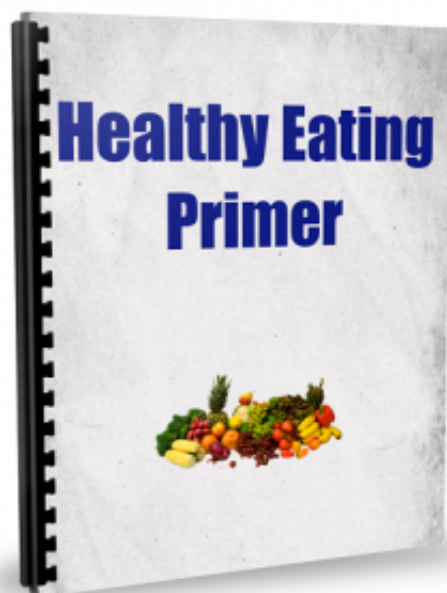
Healty Eating Primer

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Healthy Eating Primer

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Five Healthy Foods That Make You Feel Great

Isn't it amazing that there are hundreds upon hundreds of over-the-counter medications for every possible ailment, ache, pain, and mood - and yet many people still do not look to food as their source of power?

Mother Nature knew exactly what she was doing when she provided us with all that we need for a healthy, well-balanced diet and the tools that we need to get through our day, our week, and our lifetime.

While every food has its benefits, here are the five most worth mentioning:

1. Chicken – The white meat found in chicken contains the essential vitamins B12, B6, and B3. Chicken can assist in lowering your risk of stroke and also boost your mood. Chicken is low in fat (especially with the skin removed) and high in protein. Besides all the nutritional benefits, chicken is so versatile; it can be cooked in so many ways using a variety of tools such as the outdoor grill or an indoor rotisserie. And the B vitamins provide a host of benefits such as:

- * Fighting off anemia
- * Maintaining healthy blood cells
- * Warding off heart disease
- * Increasing energy
- * Boosting the immune system
- * Converting carbohydrates into energy

2. Broccoli and salads – Broccoli and salads, especially salads made with leaf spinach, have many benefits. Broccoli contains vitamins A, C, and E while

spinach provides folate, which helps to maintain and produce newer healthier cells for the body. Vitamins such as A, C, and E help to boost the immune system; this could mean less time off sick and shorter duration of ailments such as the common cold.

3. Bananas – For a sweet treat any time during the day, reach for a banana. The benefits of a banana are numerous. You can choose to eat a banana as it is, or you can add it to a yogurt or a bowl of multi-grain cereal. Either way, you will gain the benefit of a quick energy boost that sustains you for several hours along with the mood-altering benefit of the B6 vitamin that bananas are rich in. In addition, they taste good too!

4. Dark chocolate – The good news is that good quality, dark chocolate has many benefits to help make you feel great. The cocoa in chocolate has heart-healthy benefits such as lowering your cholesterol and reducing heart disease. That is not all; dark chocolate can lift your mood significantly with its tryptophan and magnesium. Grabbing a piece of high quality dark chocolate will not only help your heart, it will also help your mind.

5. Whole grains – Whole grains have been found to contain selenium which has been shown to significantly reduce depression. Whole grain breads with your favorite spread or even an all-natural peanut butter provide fiber, selenium, and protein. The nice thing about whole grains is that you can mix and match whole grain breads with different spreads and come out with a variety of healthy foods that make you feel great in the end.

Five Natural Foods That Promote Weight Loss

With so many over-the-counter supplements, diet pills, and weight loss remedies, it is easy to get confused and overwhelmed. Worse yet, most of those weight-loss remedies are full of chemicals that can be harmful to the immune

system. While they may offer a quick fix, chances are that the weight will come back on just as quickly.

However, you can turn toward food, natural foods that is, to promote weight loss and help keep it off. By turning to natural foods, not only do you lose the weight, you also increase your metabolism and boost your health. With these benefits in tow, why not explore these five natural foods that you can add to your diet to promote and keep off that weight?

1. Salad – While not everyone loves the greens, when you look at the multitude of benefits a green, leafy salad has to offer, you might just change your tune. Salads, especially those with green leafy spinach, can provide antioxidants such as vitamins A, E, and C while giving you extra folate as well. The beauty in a salad, however, comes in the creation. A salad can be anything you want it to be. You can add sunflower seeds, chicken, or even fruit like tangerines.

2. Good old-fashioned chicken soup – For many years, studies have shown that chicken soup has all the ingredients to boost your immune system, shorten the duration of a cold, and help promote weight loss. The reasoning behind the weight loss seems to be the fact that soup simply fills you up. And, when you fill up your soup with beans for fiber and chicken for protein along with vegetables for antioxidants, you are naturally and effortlessly achieving many weight-loss goals. If your stomach is feeling full, you are less likely to binge.

3. Lean beef and chicken – Beef that is lean can promote weight loss as it provides the right amount of protein that a dieter needs. Also, amino acids found in extra lean beef can assist with losing weight and maintaining muscle mass. Chicken, with the skin removed, is low in fat, high in protein and tastes great too. Meat and chicken can always be added to a salad for an all-around weight-loss benefit.

4. Oats and whole grains – The fiber in oats and whole grains offers a full and satisfying feeling, which in turn allows you the opportunity to eat less. Rolled oats and those that have the least processing done to them are the most

beneficial as they are all-natural and fill you up quickly and healthily.

5. Beans – Eating beans such as kidney, lentil, and cannellini offer the benefits of fiber and protein all rolled into one. Beans can be eaten in a fajita mixed with lean beef or chicken, or made into a healthy casserole or even tossed into a salad.

Not only are these foods ideal for losing weight, they are tasty and versatile as well.

Five Super Grains You Should Be Eating

Whole grains are extremely nutritious offering benefits such as:

- * Maintaining weight
- * Fighting off heart disease
- * Keeping the cholesterol level low
- * Maintaining regularity
- * Keeping a healthy metabolism

Fiber, B vitamins, magnesium, and iron are just a few of the extra value-packed nutritional benefits of grains.

Many people are aware of the most common grains but may not be as privy to the ones that are a little more unusual. If you are aware of the power that these grains pack, you would be sure to include them into your daily diet.

Quinoa

Quinoa is a grain that resembles a combination of grain and rice. The history of quinoa dates all the way back to the Inca civilization. The Incas considered it to

be a sacred grain and for a very good reason. Quinoa is packed with protein. It is also full of fiber. Quinoa is a perfect way to start your morning, and the fibre will help you feel full for the day.

You can add things such as chicken broth and eat it for lunch, or add some honey and maple syrup with cinnamon for a tasty and nutritional-packed breakfast.

Spelt

Spelt is an older form of the wheat crop mainly found in Europe, but since it needs very little in the way of fertilizer, many who are interested in organic eating and growing are bringing this grain back into popularity again.

A great reason to eat spelt is, of course, its nutritional value - ranging from high in protein to high in fiber. Spelt has a deliciously sweet and nutty flavor that when used in bread instead of traditional grain gives it an extra added value in taste that cannot be replicated.

Kasha

Kasha is a traditional Russian meal that once was only used for fancy occasions such as royal feasts and weddings. The Russians knew what they were doing when they served kasha. As roasted, hulled buckwheat, kasha holds the mother load of nutrients and vitamins such as potassium, calcium, B vitamins, phosphorus, and iron. Incorporating this grain into your diet offers you a one-two punch for your immune system.

Chia

Just like the Incas and their quinoa, the ancient Aztecs knew that chia was a powerful substance and main staple for their diet. Chia is super packed with Omega 3s, loaded with protein, and one of the lowest carbohydrate grains. For this reason, many athletes are turning to chia as part of their daily winning

game. Being high in antioxidants increases the value of chia in your diet as well.

Amaranth

The ancient Aztecs also knew that this grain was valuable to them. They not only included it into their everyday diets but also offered it as part of various rituals and ceremonies. Plant proteins, amino acids, lysine, calcium, and iron as well as a high fiber content make this particular grain the one that has it all.

As you can see, ancient cultures knew that these grains packed everything they needed to be warriors of their time. We have these grains available to us today and can achieve the same goal of being warriors throughout our day as well.

Healthy Aspects of a Vegan Diet

With all the antibiotics found in today's meat products, as well as things such as fillers, additives, and chemicals, many individuals are considering making the switch to a vegan diet.

Of course, when making any kind of change, all aspects of that change need exploring. There are many healthy aspects of a vegan diet.

* In earlier days, vegan diets consisted of only vegetables. This is not the case today, however. Vegan diets now include meat-free items such as veggie burgers and veggie hot dogs. Some companies are now developing vegetarian products such as "steak strips" or "chicken nuggets."

* Going out to eat for a vegetarian used to be a cause for concern. Variety was non-existent or limited at best. Today, however, almost every restaurant has a complete vegan menu from which to choose.

- * Studies have shown that eating a diet that is high in animal fats can lead to several diseases such as a higher risk of cancer and diabetes. Vegan diets exclude animal by-products, thereby eliminating these risks.
- * Articles have appeared showing that eating a diet that is based on plants can reduce the risk and possibly even reverse progression of chronic illnesses.
- * Vegan diets have been shown to reduce cholesterol.
- * Vegan diets can be high in protein through eating foods such as nuts and beans.
- * Fiber is an extra-added bonus of the vegan diet as many vegetables are naturally high in fiber.
- * Another positive aspect of a vegan diet is the mental health benefit, so to speak. Vegans do not use or wear anything that is based on an animal by-product. For example, a true vegan does not purchase leather, some types of makeup and fur. This gives a vegan the feeling that they are positively contributing to a cause.
- * Lower blood pressure, risk of heart disease, and lower cholesterol are all healthy side effects of a vegan diet.
- * Vitamins such as C and E as well as magnesium, iron and folic acid are found in plant-based foods in a vegan diet.
- * Lower saturated fat, a lower obesity rate, and fewer calories are also benefits of a vegan diet.

As you can see, a plant-based vegan diet has many benefits for your health. Vegan diets also have the added bonus of variety. There are so many combinations of soy-based products and vegetables as well as meat-like foods

such as veggie patties to keep you healthy and satisfied in your vegan endeavors.

Healthy Smoothie Ideas - Recipes That Actually Taste Good

For several years now, the smoothie has been all the rage. However, some smoothies have good intentions but do not taste very good at all. As a matter of fact, the more healthy ingredients you have in a smoothie, sometimes the less taste there is to offer.

However, not all smoothies have to be full of high sugar fruits or bitter vegetables. If you combine the right ingredients that are personal favorites of yours, then you can come up with a win/win combination. You can experiment until you find the smoothie that is right for you.

Strawberries and Bananas – An All-Time Smoothie Classic

This is your basic smoothie recipe for those who have never made their own smoothie. It is a great way to start off your experimenting. This smoothie has a nice sweet flavor thanks to the banana and strawberries and also includes vitamins - as well as a bit of protein.

You don't need a fancy food processor either; a simple blender will do the trick. Use one banana, one cup of low-fat milk, a cup of ice, approximately 3/4 cup non-fat yogurt, and about six strawberries. Toss all the ingredients into the blender. Once you have had the courage to make and try your own smoothie, you will see how easy it is to add different ingredients and even try it with some vegetables, perhaps some spinach or carrots.

Of course, if you are looking for added fiber in your diet, then you have to consider what foods or additives contain fiber and add them to your smoothie.

Mixed Berry Smoothie

For this smoothie, you will need approximately one cup of fresh or frozen berries. Strawberries, blackberries, and raspberries are naturally high in fiber and when added to your smoothie can give you the added boost of fiber that you are seeking without the awful taste of some fiber alternatives. Add about 1/2 cup of non-fat yogurt and 1/2 cup non-fat milk to your berries with some ice and blend away.

Another great idea is to add peanut butter, all natural of course, to your smoothie mixture. Peanut butter that is all natural is a great source of fiber and tastes great. Of course, if there are any sort of peanut allergies, peanut butter is obviously not the way to go.

Depending on your taste buds and how far you are willing to experiment, you can always try to add things such as flaxseed (properly ground up) or some wheat grass. Adding honey to these smoothies might help offset the taste of these ingredients while still offering you the added fiber you need.

How to Eat More Whole Foods Each Day

Once you understand what whole foods are, you can then begin to recognize why they are so important to the overall health and wellbeing of your body and mind. Whole foods are intended to be eaten as is and accepted for what their values and benefits are. When you eat a whole food, you offer your body a host of bountiful nutrients and benefits. One of those benefits is to allow your body to function the way that nature intended it.

The old adage that knowledge is power certainly does apply to whole foods. If you know how beneficial they are for maintaining weight loss and boosting

metabolism, you will certainly find creative ways to incorporate those whole foods into your diet.

Thankfully, Mother Nature had it all figured out when it came to whole foods. Not only do they have the benefit of vitamins, minerals (being all-natural) and providing your body with the ability to function properly and lose weight, they are also extremely portable.

For example, how easy is it to grab an apple, an orange, or a banana as you are running out the door? We all know female friends who put their makeup on at a red light. How about taking that time to eat a banana or an apple on the way to work? If you wake up ten minutes earlier and put your makeup on at home, then you can use your red-light time for something much more productive like eating a fruit-filled breakfast.

Whole foods such as potatoes and even sweet potatoes can be microwaved as well. Since just about every office or workspace has a microwave, wrapping a sweet potato or two in a paper towel and placing it in the microwave has never been easier. You can achieve the benefit of that whole food with the ease and convenience of the microwave.

Whole foods come in many varieties, shapes, and forms. A skinless piece of chicken breast is a whole food as long as it is not processed nor has anything added or taken away in the process. An egg can be considered a whole food as well. A hard-boiled egg as a snack is better than processed egg whites from a carton that has salt added to it.

With a little preparation, you can take something like leftover chicken breast and turn it into a healthy chicken salad. Even cherry tomatoes make great little snacks you can pop into your mouth.

With a little effort, minimum time, and some creativity, incorporating whole foods into your diet should be a piece of cake.

How Whole Foods Help You Lose Weight

There is always a new fad in the diet and weight-loss industry in the way of a pill or a tonic. Today, however, trends seem to be heading back to the direction of what nature intended for us – good, wholesome foods. We hear a lot of talk about whole foods, but what exactly is a whole food anyway?

Whole foods are foods that are eaten just as nature intended them, without any change or processing. Every food designed by nature has a purpose and a cause and whole foods are excellent foods to look at when seeking to lose weight.

There are several things that whole foods do not or should not contain. For example, oatmeal can be either a processed food or natural whole food. If it is quick or instant oatmeal, you can be sure that it is not a whole food and that something was taken out of or even added to it in order to make it processed. Steel-cut oats or rolled oats would be, in fact, a whole food.

In addition, looking for something that has been added to your food choice would be a way of discerning if a food was whole or processed. If there is an added ingredient such as sugar, food dye, chemicals, artificial fillers or a name that you cannot even pronounce, you can be sure that these are not whole foods.

Some great examples of whole foods are foods such as bananas, grapefruits, tomatoes, potatoes, and pears. These food items are provided by Mother Nature and are whole in their entirety as nature intended them to be.

Root plants such as beets and carrots are another good example of whole foods. Think of any fruit that you can pick yourself straight from nature such as an orange or an apple and a vegetable that you might grow in your very own garden and you will have an idea of what a whole food really is.

Whole foods help you to lose weight by the simple fact that they were designed to be absorbed and digested by your body. Body parts such as the liver can break down enzymes; blood cells can turn food into energy and so on and so forth. By eating whole foods in their natural state, you allow your body the privilege to work exactly the way it was intended.

When you put something foreign into your body, on the other hand, such as sugar or salt and fat, you can make your body go into flight or fight mode. Your body will attack these substances and work twice as hard with no benefit whatsoever.

Eating whole foods allows your metabolism and your energy as well as your digestion to work the way nature intended, thus allowing for the proper absorption and maintenance of the weight you lost in the first place.

Seven Delicious and Healthy Snack Ideas

When we think snacks, we automatically assume that it has to be chocolate, decadent, and unhealthy. However, with a little research and a little more creativity, we can have delicious and healthy. In other words, we can have our cake and eat it too.

When thinking healthy, we can always turn to Mother Nature for some great ideas. When thinking delicious, we can use our creativity to incorporate delicious with healthy.

1. Trail mix – Trail mix generally got its name from the simple fact that hikers would munch on this mix of fruit, nuts, and seeds in an effort to keep their energy levels high while hiking. However, Trail mix has come a long, long way. Nuts of any variety such as almonds, walnuts, and cashews and shelled

pistachios have replaced the typical peanut in trail mixes. Cranberries, dried apricots, and raisins give trail mix an added boost of energy and a delightfully sweet taste. The best thing about trail mix nowadays is that things like pure maple honey are added to give it a knockout sweet and salty taste.

2. Cheese – While some cheeses are higher in fat content than others, if you do your homework, you can find a satisfying cheese that is low in calories and tasty all at once. Brie cheese, for example, offers under 50 calories for a ½-ounce chunk.

3. Strawberries and cream – Strawberries offer an automatic, free of charge sweetness and with a little fat-free whipped topping, you have got yourself the makings of a delicious and healthy snack with very little maintenance included.

4. Apples and peanut butter – An oldie but goodie, apple slices with peanut butter makes a superb healthy snack packed with protein and vitamins. For variety, try different types of apples such as Granny Smith for a sweet and sour snack sure to please both sides of your taste buds.

5. Dip into healthy dip – A dip made up of salsa, black beans, fat-free sour cream, and guacamole is very low in calories and high in protein. The guacamole and salsa offer additional vegetables into our diet, and dipping into this dip will not be a guilty pleasure at all. For a little extra zip, add low-fat or fat-free shredded cheese on top.

6. Potato skins – Potato skins have all the vitamins and minerals and get the least credit. They can be stuffed with any variety of things such as low-fat or fat-free cheese and low-fat sour cream, topped with chives, olives, and tomatoes. These are a satisfying yet healthy snack for an appetizer or party, or just for anytime.

7. Potato chips – You can most certainly make your own version of healthy potato chips, either in the microwave or in a frying pan. Frying your own sliced potato chips with olive oil is a healthier alternative as well. Adding extra flavor

such as vinegar or parmesan cheese really gives these homemade healthy treats a kick of flavor.

By snacking on things such as these chips and dips, you allow yourself a treat that is both healthy and delicious rolled into one.

Staples of a Healthy Pantry

While many of us stock up our pantry in case of an emergency, very few of us think about stocking up a healthy food pantry. Sometimes food that is bought for the sole purpose of storing in a pantry for future use is not always the healthiest choice we can make.

However, there are several foods that are wonderful choices for both healthy and “in case of a pinch” pantry situations. Stocking your pantry with these items will make healthy cooking easy.

Beans

Possibly the number one food that should be in anyone’s pantry is the bean. Kidney beans, cannellini beans, lentils, and navy beans are only a few among the vast variety of beans. Beans contain large quantities of protein while offering just as much variety to any meal. Beans can be used as main ingredients in dishes such as casseroles or as a topping to a salad. Used in Mexican dishes such as a Tex-Mex bean dip or as part of a fajita, beans add flavor, variety, and protein. Beans can certainly take the place of fatty red meats in some recipes while never losing an ounce of flavor.

Whole Wheat Pasta

We all know the benefits of adding whole grain into our diet. Yet another

added benefit of whole wheat pasta is that it is so versatile and can help us put together a quick meal in a pinch. Whole wheat pasta offers bran, fiber, antioxidants, and all-important B vitamins.

When your pantry is stocked with whole wheat pasta, the possibilities are endless. You could toss some broccoli and shrimp together with whole grain spaghetti, add a salad, and have a delectable meal in minutes. Perhaps some sun dried tomatoes and chicken tossed with some whole wheat pasta is just the thing for your family.

Whole Grain Cereals

Cereals that are high in fiber and low in sugar are the best staple any pantry could boast. Fiber keeps your stomach full and can jump-start your day getting you healthfully on your way.

Olive Oil

Olive oil has been used for centuries to provide high quality, excellent taste, and health benefits. With olive oil as a staple in your pantry, you will find its uses endless. Olive oil is useful for frying skinless, boneless chicken, for tossing on salad and even as a concoction for dipping your whole grain bread. The health benefits that olive oil provides far outweigh its cost.

Canned Goods

Canned goods are an immediate staple of any pantry. However, be careful of what is in those canned goods. Look for low-salt canned goods such as diced tomatoes. Canned salmon is an excellent source of protein and provides necessary Omega 3s, while broths that come in the low sodium variety are easily added to any recipe.

These are just a few of the staples that can get every pantry up and running to a healthy start.

Ten Healthy Eating Habits to Adopt in 2013

As we know, a habit can be either good or bad and can certainly become a way of life. It is up to us to choose whether or not we want healthy eating habits incorporated to our daily lives.

When we view healthy eating habits as a choice and not something that has been forced upon us, we have the power to incorporate those healthy eating habits into the next year. With power and freedom to choose, healthy eating habits can simply be our everyday eating habits and not something we will ever have to think about again.

1. Add something new to your diet – Sometimes we think that dieting is all about taking something out of your diet. However, if you try to add something new to your diet every day, you will not feel as though you are missing anything. Try a new fruit or vegetable that you have never tried before.
2. Eat a good breakfast – Partaking in a good breakfast high in fiber and incorporating whole grains will keep you full and fit for the entire day. If you are concerned about cholesterol, an egg white frittata can fill the bill.
3. Snack yourself to healthy – Often times, we look to decrease our intake of calories and forget that the point of staying healthy is not to starve ourselves but to nourish ourselves. Snacking in-between meals (healthy snacking of course) is the way to keep your metabolism up and running.
4. Increase your fluid Intake – For some women, water does not go down very well. Try different variations of liquid beverages until you find the one that is right for you. Sometimes simply adding fruits such as orange, lemon, or lime to your water will give you the added flavor you desire. Even green tea with

honey added to it can make the difference.

5. Mix it up a little bit – If you get bored with salad, feel free to be creative. Creating a different salad for every day of the week is easy when you mix it up a little bit. Adding things like hard-boiled eggs, broiled chicken, garbanzo beans and anything else you can think of can give the standard salad a pick-me-up. Cranberries and oranges are wonderful additions to a tossed salad.

6. Watch the clock – Be aware of time management when it comes to healthy eating habits. Once you have finished dinner, have whatever snack or cup of tea that you desire shortly thereafter. It's even ok to have hot cocoa once in a while, but be sure not to have anything at all too close to bedtime.

7. A little preparation goes a long way – By preparing a few simple items on a Sunday afternoon, you can make your healthy eating habits a breeze. An egg white vegetable quiche can be sliced into smaller portions and eaten for breakfast on the go during the week. Broiling a chicken breast and adding tomato, lettuce, and fat-free mayo can be lunch two to three times per week. This will help you resist the urge to buy something “quick” on the run. It is healthy and you prepared it. You save time, money, and eat healthy all at the same time.

8. Do not deprive yourself – Everyone craves a treat once in a while so do not deprive yourself. Just be picky about what you choose. Denying yourself will only make you eat the whole pie instead of just a piece. Dark chocolate is a healthy treat that offers mood boosters and important vitamins and minerals. It does not hurt that it tastes great too.

9. Incorporate exercise into your healthy eating habits – While exercise is not a healthy eating habit, one without the other just will not work. Exercise does not have to be something you dive into at full speed. Starting off slowly, perhaps power walking with a friend, is all the momentum you will need to get and keep this healthy habit in place.

10. Grab a partner – Sometimes when we set off to do something alone, we find it hard to keep motivated. Incorporating a healthy eating habit partner into your plan will allow you to have someone you have to be accountable to as well.

By incorporating these 10 healthy eating habits into your daily routine, you will see how fast these habits become second nature.

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