

Healthful Snacking

A calorie is simply a calorie regardless of whether it comes from carbohydrates, protein, or fat. If you consume more calories than you use, you will put on weight. It is as simple as that. In order to avoid weight gain, the number of calories in must equal the number of calories out. If you take the time to plan and sort out what you are going to eat, you will find it easier to ensure that you choose a wide variety of foods from all food groups and thus follow a healthier eating plan.

These days most of us lead hectic, busy, frenetic lives. We are juggling a variety of roles and trying to somehow fit everything into a seemingly-insufficient 24 hour day. It's not surprising that healthy eating loses priority when we are rushing to get to work, to get the kids to school, going to meetings, getting home chores done. At times like this people are more likely to miss meals altogether and substitute them with junk food. By snacking on healthy foods, you can to some extent, compensate for the damage you are doing to your body when you don't eat properly. Similarly, eating small meals throughout the day can help provide necessary nourishment.

Eating food in its raw state, meaning as unprocessed as possible, ensures that you are getting the food's full vitamin and mineral content, as none will be destroyed during the cooking process. Cooking modifies the food molecules thereby destroying their nutrients and enzymes. When you eat raw food, you may need to chew more to break the food down. By doing this your body sends signals to the digestive tract to produce an adequate amount of digestive enzymes.

Another healthy eating tip is, where possible, try to grill or bake your food instead of frying it. If you do need to fry or sauté, use half the recommended amount of fat. Keep in mind that brown bread and rice is nutritionally better than their white counterparts. Whole grain bread is an excellent convenience food. If you get your kids used to brown bread in their earlier years, avoiding white bread altogether, you'll be glad you did.

When it comes to hot and cold beverages, there are innumerable choices when it comes to the wonderful world of herbal teas. They may not be to everyone's taste but if you try, you are more than likely to find one that suits you. They are also exceedingly beneficial for you. If you are a coffee lover, you might try a coffee substitute such as dandelion coffee.

In addition to cutting down on coffee and tea, you should reduce your salt and sugar intake as well. At present there are many types of vegetable stock cubes and vegetable bouillion powders available in health food shops for added flavor. Also, using both fresh and dried herbs can help increase the flavour of a dish without needing to add much salt.