Healthy Diets - Ten Steps to Easy Weight Control

by Lisa Beverley

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Healthy diets promoted by many companies and gurus are anything but healthy diets - in fact, may be harmful to your health long term.

So if you are looking for a healthy diet, then you should consider if you take into account the 10 points below that are universal in scope and not really that difficult to follow.

1. Balance of fat and protein

Fat should supply about 30% of their total daily calories. Limit your fat intake have more vegetables in your diet.

Eat lean meats, poultry without skin light, fish and low fat dairy products. Also, be sure to limit the vegetable oil and butter in your diet.

Protein should be around 15% of your calorie intake. Do not be fooled by the myth of the so-called healthy diet recommend eating protein at the expense of fat, which is not natural and can cause health problems.

2. Limit your intake of saturated fats

This is the type of fat found mostly in animal products, which increases levels of blood cholesterol and has other adverse health effects. It should supply less than one third of calories from fat.

Keeping your cholesterol intake below 300 milligrams per day.

3. Eat foods rich in complex carbohydrates

Carbohydrates should make up about 55% of their total daily calories. Do not fall for the hype that carbohydrates are bad for you are not, just make sure to eat complex carbohydrates.

To help make the sources of law, eating lots of fruits and vegetables and six or more servings of whole grains. This will help you get the 25 grams of fiber you need each day.

4. Avoid excess sugar

Many foods that are high in sugar are also high in fat. Read labels to see how much sugar a product - many say that products are low in fat but are high in sugar, and this is converted to fat.

5. Eating fruits green, orange and yellow vegetables

Examples would be broccoli, carrots, melon and citrus. The antioxidants and other nutrients in these foods are increasingly important to help protect against a variety of diseases.

6. Variety

Eat a variety of foods - this is really the key to a balanced diet. Do not try to meet their nutritional requirements from eating the same foods every day - it will not work.

7. Limit sodium intake

Your sodium intake should be a maximum of 2. 400 milligrams per day. This is equivalent to one teaspoon of salt. Therefore, avoid salty foods and be careful to check food labels carefully for sodium content.

8. Vitamins and minerals from food

Supplements can not replace a healthy diet that provides nutrients and other compounds besides vitamins and minerals. Foods also provide the "synergy" that many nutrients require in order to be effective, and decompose in the body and used correctly.

9. Maintain a healthy weight

Do not ignore the exercise, just be moderate, not have to kill yourself in the gym! The two main causes of obesity are processed unnatural foods and our modern lifestyle lazy.

10. Enjoy your food

If you drink alcohol, eat chocolate, chips, etc. can be - but do not overdo it. Why not eat what you really love? There is no reason why you can not.

Healthy diets are balanced diets

There are many healthy diets to choose from and all are different, but the foundation of any healthy diet should take into account the 10 points outlined here.

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Lisa Beverley - About Author:
Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a weight loss tips including remedies, a health tips and a diet nutrition tips, slimming, weight loss products, bodybuilding supplements and diet tips.

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