Healthy Diet to Remain Fit and Energetic by Mark Bennett

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Staying fit can sometimes be a tedious task. The constraint amount of food that has to be taken, raw and boiled vegetables to eat; these things may be considered as a nightmare for some people. But you do have to remember that to have a healthy and disease free life, you need to make some sacrifices.

Now the question that may come to your mind is what are the basic ingredients that you need to remain fit and in shape. Well it is simple. To remain in shape, you need to have a balanced diet of carbohydrates, fats, and proteins. Carbohydrates are the main supplier of energy for our body. This energy is absorbed by our body immediately and is vital for the healthy functioning of our internal organs. It also helps our body to form cells and tissues.

Fats are the long-term energy providers. They are often considered harmful to our bodies, but are very important for our well-being and health. Without them most of the internal processes, including those related to digestion, will slow down resulting in overall health decline. Proteins are the main building material for our body tissue. Most nutritionists and dieticians agree that there should be an optimal balance of fats, carbohydrates and proteins. For the proper growth, development, immunity, etc you certainly need these three basic entities.

Now what are the tips you need to follow to remain healthy? Well here are some of them which you may find useful. Always start your day with carbohydrates and end with proteins. Carbohydrates provide you with much needed energy as your body consumes a lot of energy in the morning and releases it later on. So this energy is retained by the protein that helps in the internal functioning of our body.

If you like fried food; then try to avoid it as soon as possible. Fried foods have fatty acids that take time to break down and also need a huge amount of energy to digest them. The best food to eat is uncooked (raw). It is rich in vitamins and minerals. You can also eat baked and boiled food as they will retain some of the nutrients. But try to avoid fried ones.

Always try to drink a balanced quantity of water as you need continuous flow of liquid to digest food. In order for your digestive juices to break down the food you eat, they need a sufficient quantity of water. But it does not mean that you drink a large quantity of water as it may dilute your blood causing faster kidney and cardiovascular burnout.

Always avoid foods that carry the least amount or none of healthy nutrients. If possible, consume them in small quantities or exclude them from your diet. This includes smoked meats, canned food (except for vegetables), coffee, black tea, soda, including diet soda, candy, sweets, sugar, white rice, bleached flour and mayonnaise. Of course, almost everyone will find it difficult to live without eating these things and will struggle but thatâ€™s okay. For example, many of us love coffee and will not stop drinking it any time soon. However, you can have one cup a day, as opposed to the usual four. And what is more try to drink it black â€“ no sugar and no cream.

In the same way if drinking diet coke makes you happy, donâ€™t torture yourself. You can have it but just limit the quantity. After some time you might even find a better, healthier substitute, but take your time. Unbearable food cravings are more damaging to your health than bad food consumed in reasonable quantities.

One of the most important things that you need to keep in mind is that just like how Xfinity Voice is a

reliable and important phone service, in the same is your daily intake of food. Never starve or skip your breakfast, lunch and dinner. By avoiding the three basic meals of the day and starving, your body will lose the required energy to break down the fats and amino acids. So try to have a balanced diet of the required amount of vegetables, fruits that are rich in carbohydrates, fats, and proteins.

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