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Core Tip: hypertension, diabetes, cardiovascular disease, gallbladder disease and other chronic diseases in the past 10 years showed a high trend, which is necessarily linked with improper eating dinner. Many families prepare rich dishes at dinner, with chicken, duck, fish, meat, eggs filled with tables, which are mostly high-protein, high fat, and high-energy food. This kind of habit to use dinner make up breakfast and lunch and one-sided pursuit of intake of high fat, high protein food, coupled with lack of exercise, is hard to avoid planting a "time bomb" for the future health.

It is best to eat dinner at 18:00 or so. And to eat dinner well and healthily is nothing difficult.

First of all, eating less at dinner will make you sleep well. How much to eat is dependent on each specific person's physical condition and individual needs. As long as you do not feel hungry, it is ok. You must not eat full or too full at dinner. The time of dinner is preferably about at 6 o'clock in the evening, and better not exceeds 20:00. Better not eat anything after 8, except drinking water. And, do not go to bed within four hours after dinner, so the food we eat in the evening can be fully digested.

Second, you should choose foods containing more fiber and carbohydrate as dinner. At dinner, you should have two or more vegetables such as spinach salad, which can provide both vitamins and fibers. You can appropriately reduce the amount of pasta, and eat proper grains. In addition, you can eat a small amount of fish.

Third, try not to eat fruit, desserts, and fried foods at night. Try not to drink. Many people have the habit of drinking at dinner, which is not conducive to health. Too much alcohol at night will hinder metabolism, because the stimulation of alcohol to the stomach will make stomach lack of rest, leading to poor sleep. You should pay special attention that not to eat foods high in calcium at dinner. You must not eat foods such as shrimp shells, fish bones, etc., so as not to cause urinary tract stones.

Article Source:

<http://www.articleside.com/health-articles/better-not-eat-such-foods-if-you-want-to-have-nutrition-and-health.htm> - [Article Side](#)

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Do you want to try the dazzling fighting skills, wear beautiful clothes, and ride the holy animals? Tory realizes his dream by playing online games and obtains a lot of items through a [Buy WOW Gold](#). It is worthy because Tory is really a game fan.

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