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Healthy Diet for Healthy Life

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For healthy life it is very necessary to maintain a healthy diet. Healthy diet is to eat the right food in the right amount. Taking in all the vitamins, minerals, carbohydrate, proteins, fat and antioxidants in just the right quantity as required by body. There is a trend to be slim and fit these days and it is done by not eating food and doing vigorous exercise, which is not good for health.

One must consult a good dietician before starting some diet and check beforehand if it is really beneficial for the body or not. Atkins diet is one such diet that is not only based on natural food ingredients but also wouldnâ€™t deny your body of the required nutrition. The Atkins diet involves limited consumption of carbohydrates to switch the body's metabolism from metabolizing glucose as energy over to converting stored body fat to energy.

So instead of relying on the carbohydrate-rich items you might typically consume for energy, and leaving your fat stores just where they were before (alas, the hips, belly, and thunder thighs are popular fat-gathering spots), your fat stores become a primary energy source. The purported result: weight loss.

According to the Atkins theory, if the body keeps on making "too much" insulin -- as it tries to deal with the "excess" sugar -- it may become less responsive to insulin and eventually may develop the metabolic disorder diabetes. The Atkins theory states that this should properly be called "unstable blood sugar" since the blood sugar level rises and then drops quickly.

Atkins diet plan urges its user to leave white rice and white flour, white bread along with refined sugar and replace them with wholegrain flour, brown rice, brown bread and crude form of sugar which are more beneficial for body. Atkins diet for weight loss program is based on science of body and helps you lose that flab even without leaving food and nutrition.

For good health not just food and vegetables but oil should also be healthy. Like olive oil, canola oil also has its benefits for health and is distinctly healthier than other vegetables oil. Taken out of rapeseeds, canola oil is not only high in energy but also has high ratio of more mono-unsaturated fatty acids to saturated fatty acids which makes it healthy for consumption.

â€¢ Canola oil has highest smoke point oil is also an ideal choice for deep frying because it can be heated to a higher temperature (smoke point -450 Â°F). This results in lower oil retention in the fried foods.

â€¢ It has high levels of plant sterols that can lower the cholesterol level and keeping blood pressure at moderate level, hence make the heart pumpingly fit.

â€¢ Canola oil has ample amount of Vitamin E, which is a powerful lipid soluble antioxidant, required for maintaining the integrity of cell membrane of mucus membranes and skin by protecting it from harmful oxygen free radicals.

â€¢ It also contains Linoleic (omega-6) and alpha-Linoleic acid (omega-3) that are essential fatty acids.

Thus maintaining proper healthy diet and eating fresh food will help in keeping body completely fit and strong.

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