

HEALTHY EATING (ЗДОРОВЕ ТА ЗБАЛАНСОВАНЕ ХАРЧУВАННЯ)

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У доповіді йдеться про здорове харчування, які продукти слід вживати та що в них міститься.

Healthy eating. Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and stabilizing your mood.

Set yourself up for success. To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps rather than one big drastic change.

Fill up on colorful fruits and vegetables. Fruits and vegetables are the foundation of a healthy diet. They are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fiber. Unfortunately, most people are falling short of the recommended daily minimum of five servings of fruit and vegetables.

Enjoy healthy fats to avoid unhealthy fats. Good sources of healthy fat are needed to nourish your brain, heart, and cells, as well as your hair, skin, and nails. Foods rich in certain omega-3 fats called EPA and DHA are particularly important and can reduce cardiovascular disease, improve your mood, and help prevent dementia.

Add calcium for bone health. Calcium is one of the key nutrients that your body needs in order to stay strong and healthy. Your body uses it to build healthy bones and teeth, keep them strong as you age, send messages through the nervous system, and regulate the heart's rhythm. If you don't get enough calcium in your diet, your body will take calcium from your bones to ensure normal cell function, which can lead to osteoporosis.

Put protein in perspective. Protein gives us the energy to get up and go—and keep going. Protein in food is broken down into the 20 amino acids that are the body's basic building blocks for growth and energy, and essential for maintaining cells, tissues, and organs.

Limit sugar and salt. If you succeed in planning your diet around fiber-rich fruits, vegetables, whole grains, lean protein, and good fats, you may find yourself naturally cutting back on foods that can get in the way of your healthy diet—sugar and salt.