

PHYSICAL WELLNESS & HEALTHY DIET



By The American Institute of Health Care
Professionals, Inc.

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Introduction to Physical Wellness

Taking care of your physical health is critical to all other areas of wellness since a healthy thriving body always promotes and assists in good mental and psychological health.

100 Things To Do To Promote Your Physical Health

Stop Drinking Soda

Drinking too much soda increases your risk for type two diabetes by as much as 26 percent. People who drink sugary drinks such as soft drinks tend to weigh more and have poor eating habits.

Drink Coffee

Research shows that regularly drinking coffee offers your body multiple benefits including protection against type 2 diabetes, certain cancers, Parkinson's disease and may lower the risk of dementia.

Protect Your Liver

Your liver plays a significant role in your overall health. Take care of it by regulating your alcohol intake, eating a healthy diet and limiting the number of over-the-counter medications you take that might affect your liver such as Tylenol (acetaminophen).

Eat More Fruits

Add some more fruit to your diet. Fruits provide access to fiber, vitamin A, vitamin C, and potassium and folate. Vitamins are necessary for the overall function of our body. They contribute to the repair of skin, hair, nails, and organ function.

Eat More Veggies

Do not skimp on your veggie intake. Vegetables are full of vitamins and minerals which help to lower blood pressure, promote digestive health, protect our heart and contributes to our eye health.

Increase Your Fiber Intake

Eat foods that are high in fiber. Soluble fiber not only promotes digestive health, but it also can prove beneficial in all efforts you may be taking to reduce the “bad” cholesterol and raise your “good” cholesterol.

Increase Your Omega 3 Intake

Omega-3 fatty acids play a vital role in our bodily functions. They can help to relieve joint pain and stiffness that commonly accompany arthritis. Also, research shows that omega-3s may reduce symptoms associated with asthma thanks to its ability to lower inflammation.

Do Eat Dairy

Dairy products do receive a bad rap from time to time depending on the dietary lifestyles some people choose to lead. However, research demonstrates that the consumption of milk and dairy products decreases the risk of childhood obesity.

Have Glass of Red Wine

Red wine contains resveratrol which delivers a barrel of benefits. This compound reduces the risk of developing certain forms of cancer, high blood pressure, and heart disease.

Also, studies show that resveratrol may spare the brain from experiencing stroke damage due in part to an enzyme known as heme oxygenase which spares nerve cells in the brain from destruction.

Stop Smoking

Smoking is a top cause of several forms of cancer including lung cancer. Although many people believe that e-cigarettes are safer for your health than typical tobacco products, according to the surgeon general, they are still a form nicotine and may still cause harm.

E-cigarettes contain ultrafine particles, flavorants, metals like lead, tin, and nickel which can all be inhaled deeply into the lungs and potentially cause damage.

Eat Breakfast

Breakfast is vital for your metabolism. Your body needs fuel in the morning to jumpstart your brain cells and to keep you satiated until lunch. Additionally, breakfast helps you to control your weight. Studies show that those who skip breakfast are likely to have a higher body mass index (BMI) than their peers.

Eat Nuts!

Aside from containing omega-3 fatty acids, nuts are an excellent source for magnesium and vitamin E. Which nuts are the best? Almonds, macadamia nuts, and pecans are among those who appear to offer the best benefits.

Wash Your Hands

Do not take basic hygiene for granted. Washing your hands may be the very thing that saves your life. Handwashing is a fantastic way to prevent infections, viruses or other nasty illnesses from finding their way into your body.

Moisturize

Your skin's health is dependent on your moisturizing habits. If you don't have a ritual, it's time to get one into place now. Moisturizing your skin helps to nourish and protect it from the damaging effects of the environment –including extreme cold or heat. Moisturizing helps to restore hydration and decrease the risk for irritation or cracks that may lead to infection.

Don't Neglect Your Muscles

Healthy muscles are necessary to assist us in everyday activities ranging from walking to moving and lifting things to breathing or the next heartbeat. Your muscles depend on you to participate in a healthy diet, drink plenty of water and get adequate rest.

Take Care of Your Bones

Much like our muscles, bone health is another must-have. They are the frame of our body. We must ensure that our diets are rich with minerals like calcium and phosphorous. Keep a healthy weight, exercises and do not smoke if you want to sustain your bone health.

Take Care of Your Teeth

The state of the teeth in your mouth may have a devastating effect on your health if you are not careful. Poor oral care may contribute to infections that start in your mouth then travel to other areas of your body.

Take Care of Your Eyes

Your eyes may be a window into your health. They may elicit symptoms for a variety of conditions ranging from type 2 diabetes to stroke. Aside from annual eye check-ups, eat healthy foods. Citrus fruits, nuts, eggs, salmon, and green leafy vegetables are just a few examples of which foods may benefit the health of your eyes.

Watch Your Sodium Intake

Too much sodium can cause an increase in blood pressure, heart failure, damage your kidneys, enhance your risk for stroke and osteoporosis.

Stretch!

Stretching is essential for muscle and joint health. Stretching keeps your muscles from becoming too short or tight which can lead to damage or joint pain. Common areas of the body impacted by not stretching enough include the hamstrings, back of the thighs and lower back area.

Go for a Walk

Moderate exercise such as walking may help to reduce your risk for heart attacks and strokes. Staying physically active may contribute to enabling you to live a healthier and longer life.

Watch Your Weight!

Maintaining a healthy weight is an absolute must-have for your overall health. Keeping your weight under control is not only good for your energy levels, but also may help to prevent you from being more susceptible to conditions such as heart disease, high blood pressure, respiratory problems, and dreaded gallstones.

Practice Deep Breathing

Deep breathing is not just a way to reduce your stress levels. Practicing deep breathing has a significant impact on your health. It promotes the exchange of oxygen within your lungs, may lower blood pressure, boost your immunity, and improve heart function.

Take Care of Your Posture

Poor posture equates to poor health. Good posture is necessary for body alignment which ultimately helps to support the overall movement of your body. Good posture reduces stress on your muscles and joints and is particularly beneficial to the spine.

Avoid Prolonged Sitting

Avoid sitting for prolonged periods of time. Too much sitting at your desk in front of computer screen or for long periods of time can cause you to experience lower back pain and place you risk for other conditions such as emboli, cardiac disease or even cancer.

Chew Your Food

How many times do you chew your food? The old rule is that you should chew each morsel 32 times before swallowing. It allows for better food absorption, belly comfort post meals, and weight loss.

Drink Water

Water intake is essential for good health. Water improves the function of our kidneys, serves as a cushion for our spine, supports hydration, and can prove beneficial to those trying to lose weight.

Have a Snack

Have a snack from time to time. Remember to keep those snacks healthy. A healthy snack can help to tie you over until your next meal, support weight loss efforts, and regulate your blood sugar.

Do Your Own Grocery Shopping

Grocery delivery and pick-up services are a wonderful convenience but do yourself a favor and shop for yourself from time to time. It's an excellent way to get some walking in for exercise.

Get Your Flu Shot

Get your flu shot this season. Each year, an influenza vaccine is released to the public to help prevent thousands of hospital admissions. Make yourself a part of this favorable statistic and protect yourself and your family from catching the flu.

Manage Your Stress Levels

Look for ways to cope with your stress. Research shows that uncontrolled stress for an extended period may contribute to heart disease, headaches, obesity, and digestion problems.

Improve Your Workload

Find your work-life-balance as soon as possible. All work and no play are dangerous for your physical wellness. Find ways to balance your life so that you reduce the risk of long-term stress which can lead to chronic health conditions.

Learn How to Not Over-react

Count to ten and take a deep breath in the face of anger or shock. It will do a world of good for your and blood pressure.

Practice Safe Sex

The act of sex itself offers a variety of health benefits including lower blood pressure, a healthier heart and other benefits that commonly accompany exercise. Safe sex practices can protect you from acquiring or spreading infection or disease to others.

Meditate

Meditation boosts heart health, immunity and improves your metabolism.

Embrace Positivity

According to Johns Hopkins Medicine, people who have a history of heart disease in their family are one-third less likely to experience a heart attack.

Eliminate Toxins from Your Home Environment

Your goal should be to reduce or eliminate your exposure to electrical or fire hazards, lead-based paint or structure problems that might trigger the development of disease, illness or lead to injury.

Build a Healthy Social Network

Look around you. Who are your friends? Who do you depend on your family? Build a healthy social network. Studies show that those who build a healthy relationship can reduce the chance of long-term illness and expedite recovery times. Friends can help you manage your stress which is essential for cardiovascular health.

Get Your Annual Check-Up

Make time for an annual checkup. It can help you to monitor and shifts or changes in your overall health status from year to year and enable your primary care provider to watch for any risk factors.

Take Advantage of the Sun

Too much sun exposure can be a bad thing, but it does not mean you should avoid it at all costs. The sun is critical to your well-being. It delivers low levels of vitamin D and is beneficial in the release of serotonin.

Protect Your Skin from the Sun

While taking advantage of the sun, don't forget to protect your skin. You can protect your skin from ultraviolet rays by using sunscreen. Too much sun may boost the risk of developing melanoma.

Take Care of Your Immune System

Make a conscious effort to manage your immune system. Make a conscious effort to get rest, stay away from smoke, and consume alcohol in moderation. Keep your hands clean and encourage others around you to do the same.

Eat these Foods to Boost Your Immunity

Give your immune system a boost with citrus fruits, peppers, garlic, ginger, yogurt and a daily dose of a handful of almond nuts.

Give Your Eyes a Screen Break

Are you stuck behind your desk staring at a computer screen most of the day? You can take steps to avoid eye strain by following the 20-20-20 rule. After 20 minutes of staring at your screen, stare at something that is 20 feet away for 20 seconds.

Take a Vacation Once a Year

Take a vacation once per year. Holidays create a natural opportunity for cardio exercise and may help to reduce your stress levels thereby contributing to less strain on your physical health.

Drink Smoothies

Drink smoothies. Smoothies are an outstanding way to get your fruits and veggies into your system. They are easy to make and offer another way to obtain much-needed nutrients.

Eat These Foods to Improve Your Cholesterol

Need to improve your cholesterol levels? Try consuming barley, oats, nuts, apples, grapes, citrus fruits, and beans. Aim for foods that are rich in sterols and polyunsaturated fats. These substances are important for blocking cholesterol absorption.

Eat these Foods to Improve Digestion

Bloating, gas, cramping, pain, and diarrhea are all signs that your digestive tract may be out of whack. You can enhance the health of your digestive system by consuming any of the following foods: yogurt, apples, chia seeds, whole grains, tempeh, and green, leafy vegetables.

Eat these Foods to Improve Your Cardiac Health

Protect your heart health by heart-healthy foods. Salmon, blueberries, dark chocolate, lean meats, soy, citrus fruits, extra virgin olive oils, nuts, and legumes may boost your heart health.

Eat these Foods to Lower Blood Pressure

Change your diet to lower blood pressure. Try to eat foods that contain magnesium, potassium, and calcium. Pomegranates, pistachios, olive oil, dark chocolate, bananas, oatmeal, and beets may help you control your blood pressure. Consistency will be critical for success.

Improve Your Energy with These Foods

If you're in search of the best foods to give your metabolism and energy stores a swift kick, try adding lentils, fish (i.e., tuna, salmon), eggs, chia seeds, oranges or green tea to your diet.

Eat These Foods to Stabilize Your Blood Glucose

Try eating more melons, berries, whole-grain, and high-fiber foods to stabilize your blood sugar. Protein and veggies are a fantastic way to take control of your blood glucose levels.

Avoid Processed Foods

Processed foods are high in sugar and contain large amounts of high-fructose corn syrup. They can produce devastating effects on the body over a period causing heart disease, obesity, cancer, and diabetes.

Avoid Sweeteners

Sugar does have an impact on our glycemic index, but artificial sweeteners can be just as dangerous in that some people tend to overconsume products that contain this substance as commonly seen with the consumption of diet drinks.

Too much of a good thing can lead to obesity, metabolic syndrome and type 2 diabetes.

Decrease Your Intake of Saturated Fats

Butter, cheese, fatty beef, and lard are examples of saturated fat. Try to limit your intake of saturated fat foods and instead, choose fruits, veggies, low-fat dairy products, whole grains, poultry, and fish.

Eat Dark Chocolate

Dark chocolate contains polyphenols and flavanols which give them potent antioxidant capabilities. Dark chocolate is great for weight control, but if consumed in excess can contribute to weight gain, so, eat it in moderation.

Read the Nutrition Labels

Read your nutrition labels. Reading the nutrition labels on your food may help to ensure that you do not overindulge in the consumption of too much sugar or fat.

Eat Less Sugar

You do not have to ban sugar from your diet to keep it healthy. However, you should seek new ways to reduce the amount of sugar in your diet to prevent the development of high-risk conditions such as heart disease, type 2 diabetes or obesity.

Add Probiotics to Your Diet

Probiotics can help to increase healthy bacteria within your gut and support weight loss efforts. Also, probiotics may help to promote good cholesterol and improve digestion.

Stop Super-Sizing Your Meals

If your waistline is expanding and you find your car is frequenting the drive-thru, it may be time to stop super-sizing your combo meals.

Drink Lemon Water

Lemon water is a beverage that is rich with benefits. It improves your metabolism, creates feelings of fullness, may help to reduce your risk for cardiovascular disease and stroke and improve your digestive health.

Create a Meal Plan

Meal planning just may be the ingredient within your weight loss plan for success. Planning your meals allows you to purposefully include abundances of fruits, veggies, whole grains, and other low-fat options.

Give Yourself a Cheat Day

Lots of talk about staying on task with your eating habits, but everyone deserves a cheat day. Assign yourself a cheat day every so often to reduce the risk of binge-eating.

Practice Eating without The Television

Next time you sit down for dinner, turn off the television. Studies show that watching television while eating can have an adverse and long-lasting effect on your dietary habits and contribute to excess eating.

Television has a lousy way of causing us not to track how much food we're consuming in a single sitting.

Floss Your Teeth

Floss your teeth every day. This action in combination with brushing helps to protect your gums against gingivitis and helps to remove food particles and plaque. Health teeth equal a healthy body.

Rinse Your Sinuses

Nasal rinsing with a neti pot can prove highly useful in the removal of dirt, pollen, and other particles that may contribute to nasty allergy, infections, and cold symptoms.

Shrink Your Plate Size

Try eating from a smaller plate for dinner. This action will help to decrease your portion size and contribute to any weight loss goals you may have.

Decrease Your Junk Food Intake

Reducing your junk food intake will decrease your calorie and fat intake. Also, it may help to reduce your chances for developing conditions such as heart disease, diabetes, or high cholesterol.

Eat Whole Grains

Whole grains are excellent sources of fiber, vitamin B, selenium, magnesium, and iron which are each important for our body's functions.

Take Your Lunch to Work or School

Take your lunch to work. Not only is this practice cost-effective, but it can help spare yours from eating too many calories or large amounts of saturated fats that you might consume from a fast-food drive-thru.

Eat Fish

Take a break from beef and poultry and have some fish for dinner. Fish is an excellent source of vitamin D, protein, and omega-3 fatty acids. Most types of fish are good for you, but salmon, tuna, trout, and sardines are great fatty fish sources.

Avoid Eating Undercooked Meats

When eating meats, cook them thoroughly. Undercooked meats can trigger a nasty round of foodborne illness symptoms including diarrhea, vomiting, and abdominal pain. Undercooked foods increase your risk of getting salmonella, E. coli, and listeria.

Eat Lean Meats

Lean meats are an excellent source for vitamin B, which boosts energy and supports heart health, selenium, which reinforces the health of your immune system and acts as a potent antioxidant, and choline which can be beneficial for brain and liver function.

Stick with a Sleeping Schedule

Set a sleep schedule and stick with it. A consistent sleep schedule may contribute to a boost in energy, improve your focus and concentration and support any efforts you might have for weight loss.

Sleep with Air Temp of 73 Degrees or Less

A cool bedroom facilitates sleep. If your room is too warm, it can make it difficult to achieve the optimal state of rest and sleep.

Partake in a Nap

Cat naps can deliver significant benefits. Research shows that naps enhance job performance, improves your memory and concentration and lowers stress levels.

Get Some Sleep

Do not underestimate the importance of getting shuteye. Failure to get an adequate amount of sleep each night may contribute to a plethora of health conditions including obesity, high blood pressure, diabetes, and heart disease. Aim to achieve a minimum of seven to eight hours of sleep each night.

Sleep with Your Lights Off

Studies show that you are more likely to get a restful night of sleep with the lights off.

Avoid Electromagnetic Field Toxicity

Avoid sleeping with your cell phone and tablets at night close to your body or head. Though research is minimal, there is some evidence that suggests that too much exposure may contribute to cancer, illness or genetic damage.

Do Not Eat Before You Go to Sleep

Try to avoid eating before you go to sleep. Eating a meal at bedtime may contribute to reflux or heartburn issues.

Don't Hold Your Poo

Do not skip a bowel movement. Aside from feelings of extreme discomfort, holding your poo can lead to impaction and constipation.

Beware of Fad Diets

Fad diets do promise results, but some have health risks tied to them. Also, they may yield results initially and result in immediate weight loss, but those results may prove difficult to sustain and even later contribute to higher weight gain.

Eliminate Hydrogenated Foods from Your Diet

Hydrogenated foods can be dangerous if not managed carefully. Margarine, pre-packaged snacks, fried foods and coffee creamers are all examples of hydrogenated oils.

Don't Throw Out Your Microwave

No one can entirely dispute the convenience of microwave foods. However, over the years there have been multiple debates about how good or bad these foods may be for your health because there was a concern of whether microwaves destroy the nutrients in foods such as fruits and vegetables.

The good news here is that microwaves are no more damaging to your meals than your standard oven.

Don't Ditch the Iodized Salt Just Yet

Sea salts are rising to the top of the list as being the "good" salt for most diets, but it does not mean you should toss out the iodized salt just yet. Iodized salt is critical to the development of an infant's brain, and it helps the body to produce thyroid hormone.

Eliminate Sodium Laurel Sulfates and Parabens

Sulfates and parabens are commonly found in some shampoo and conditioner products. They can damage hair thanks to their ability to strip it of its natural oils.

Tread Carefully with Purposeful Food Deprivation

Intermittent fasting is the latest trend, and yes, it does produce positive outcomes for some who are seeking to lose weight.

Keep in mind that the key word here is intermittent. You should not permanently skip meals but instead, aim for a diet that is all-encompassing and gravitates more towards three meals with occasional snacks.

Have a Cup of Tea in the Afternoon

Partake in a cup of tea during the afternoon hours. Tea is a delicious and natural way to ingest antioxidants. Some forms of tea are beneficial in improving liver function, improving digestion and reducing the risk for certain types of cancer. Green teas are mainly the most useful thanks to their polyphenol and catechin levels.

Massage Your Scalp

Scalp massages improve blood circulation to the scalp. This blood flow enhancement helps to carry oxygen and other nutrients to the scalp which can assist in promoting hair growth and relieve dry scalp.

Dry Brush Your Skin

Dry skin brushing is a fantastic way to minimize cellulite, improve lymphatic drainage and rid the body of toxins.

Permit Yourself to Yawn

Yawning does have a purpose aside from being a signal of boredom or fatigue. Yawning helps to improve circulation to the brain and triggers an internal cooling mechanism which is vital for our spinal fluids and our mind.

Leave Your Shoes at the Door

Do not be offended if someone suggests you leave your shoes at the door. It's a fantastic way to keep others from tracking dirt, dust, chemicals and other foreign elements into your living space.

Drink Water with Apple Cider Vinegar

Apple cider vinegar with water can offer a wide assortment of health benefits including a

Give Yourself Quiet Time at the End of Each Day

Quiet time can have a positive influence on your physical health. It aids in lowering blood cortisol levels, which may contribute to weight gain if they remain consistently high and can help to reduce adrenaline.

Get a Free Screening

The next time you're at a grocery store that is offering free screenings, take advantage of the service and see how your health is fairing.

Stay Active

Staying active may extend your lifespan and reduce the chance you may develop a chronic condition like high blood pressure, high cholesterol, or heart disease. Physical activity also supports bone health and enables us to build or sustain our muscle strength.

Your Mattress Buy Habits

Replace your mattress every seven to ten years to protect your spine health and decrease the risk of experiencing other aches and pains that can affect your general quality of life.

Engage in New Fitness Activities

Speaking of physical activity, don't be afraid to engage in new forms of fitness activity. Choosing a new fitness class or joining a community or company sports team can help you to build new muscles and positively challenge your overall physical fitness.

Don't Over-do the Fun of Exercise

Be careful not to overdo it. Too much of a good thing can lead to injury and sideline you from further enjoying exercise.

Make Healthy Goals

Healthy goals are important because they can ensure that you achieve optimum fitness and wellness.

Brand New Headline in Row 1

Introduction to Healthy Diet

Another new year is approaching and once again millions of people will make resolutions, most of which will center around weight loss and eating better. While many make these resolutions, they do not really have a plan or ways to do so.

Need help improving your diet?

There are hundreds of things you can do whether you are choosing to enhance your nutritional practices for health reasons, weight loss purposes or as a personal goal, it is entirely doable.



100 Ways To Improve Your Diet

Avoid Drinking Your Calories

Take time to evaluate the number of calories you are drinking in a single sitting. Some drinks contain as many as 150 calories in a single serving. Multiply that by three, and it's easy to consume one-third of your calories for the day by way of beverage.

Create Meal Plans for the Week

Want to gain control of your eating habits? Start planning your meals for the week. If a week of meal planning seems daunting, start by preparing three days at a time and grow from there.

Prepare Your Meals Ahead of Time

In addition to meal planning, you can also prepare certain meals ahead of time. This action will enable you to stick to the plan of eating healthy foods.

Make Your Lunch

Make your lunch and take it to work. Meal preparation will grant you a higher level of control as it relates to the nutrition in your meals.

Don't Skip Breakfast

Breakfast truly is the most important meal of the day. It helps to rev up our metabolism.

Increase Your Fruit Intake

Fruit is an excellent way to boost your fiber intake, protect your immunity, and get a pretty steady dose of antioxidants.

Increase Your Vegetable Intake

Get your veggies every day. Vegetables are a wonderful source of calcium, fiber, and antioxidants and can protect you from multiple diseases and illness.

Bake It or Grill It. Don't Fry It

Stay away from those fried foods as much as possible. They may be tasty but are not suitable for your diet or body. Baked or grilled foods tend to carry less fat which is good for the heart.

Plan Ahead for Restaurant

Plan for your outing at the restaurant. Take a look at the menu before you arrive and know what it is you want to eat.

Plan Ahead for Vacations

Vacation time can be fun, and it generally exposes you to a variety of foods. However, they can wreck your best efforts to keep things healthy. Plan and think about the types of foods you will aim to consume while traveling to keep you from diving off the deep end.

Make a Grocery List

Make a grocery list before you visit the grocery store. Drafting a grocery list will save you from buying unnecessary foods or beverages.

Shop Along the Perimeter of the Grocery Store

Want to improve your dietary habits? Try spending most of your time and money on those foods that line the perimeter of the grocery store. Typically, this location is where you will find healthier foods. That does not mean you will never venture down those center aisles for coffee or condiments, but you should spend the bulk of your time outside of those aisles picking up the good stuff.

Practice Chewing Your Food

The next tips seem simple enough, but it is essential. Take the time to chew your food. Chewing your food helps to aid in digestion and helps to prevent overeating.

Do Not Inhale Your Food

Chewing is essential but so is tasting the meal. Slow down and taste your meal. You are less likely to overeat if you purposefully slow the pace at which you are eating.

Try Eating without the Television

Television and other distractors can pose a problem during meal time. They lead us to not pay attention to how much food we are eating or what we are eating.

Skip Deprivation of Foods

A healthy diet should not equate to deprivation. Allow yourself to indulge in the foods or meals you like from time to time. This action will enable you to avoid binge eating or experiences feelings of guilt.

Reduce Your Fat Intake

If you want to improve your diet, reduce your fat intake. Too much fat in your diet can contribute to constipation, weight gain and slow your metabolism.

Limit Processed Foods

Too many processed foods such as cookies, chips, cereals, prepackaged meals, sodas, and candy can affect your health. They contain a large amount of sugar and high-fructose corn syrup and hold a significant number of calories, salt, sugar, and fat. This combination of factors can contribute to heart disease, diabetes, obesity, and stroke.

Practice Reading Nutrition Labels

While grocery shopping, take time to read the labels. Reading food labels is a fantastic way to not only manage the nutrients you are consuming, but this practice can assist you in treating health conditions like high cholesterol, high blood pressure, and heart disease.

Assess Your Diet and Make Modifications

One of the best things you can do to improve your diet is to take stock of what it is you are eating. You can keep a food diary for approximately one week to evaluate whether or not your diet is balanced and identify where it is you have an opportunity to make adjustments.

Increase Your Fiber Intake

Your digestive tract loves fiber. Fiber supports the movement of material through your system so that you do not have to deal with constipation or an irregular bowel pattern. Fiber also helps your stomach to feel full after meals and may be useful in losing weight.

Are You Eating Enough Calcium?

Calcium is necessary for bone health, heart health and muscle function. Make sure you eat a diet that contains dairy and green leafy vegetables.

Watch Your Sodium Intake

Too much sodium can contribute to a variety of health problems including high blood pressure, cardiac problems, and even kidney problems. Reduce the amount of salt you add to meals and instead turn to herbs and spices for flavor.

Drink Water

Drink water. Water aids in digestion and may support any weight loss efforts. Water has no calories and is necessary for adequate hydration.

Eat Lean Meats

Eat lean meats. They contain less fat and are generally low calorie.

Look for Ways to Swap Sugar

Look for ways to swap out sugar within your diet. Instead, seek out natural ways to sweeten your drinks or a meal. For example, add fruit to your water and instead of a sugary dessert, have a bowl of fruit.

Schedule a Cheat Day

Everyone deserves a cheat day, and you are not an exception. Make time for a cheat day so that you do not sabotage your efforts to have a healthy diet.

Be Purposeful with Your Food Intake

Don't just eat because you are hungry. Try eating with a purpose whether it is to increase your energy or manage inflammation.

Go Vegan for One Day

Go vegan for a day! This decision will not only help to boost your veggie intake, but it will add variety to your diet.

Enjoy Your Morning Coffee

Coffee is good for you. Research shows that coffee provides stimulation for the mind, promotes heart health and boosts your metabolism.

Track Your Meals

Tracking your meals can help you to subconsciously get your arms around the foods you are eating and promote a healthier approach.

Include Protein with Every Meal

Eat protein with every meal. You can have a protein shake for breakfast, chopped almonds on your salad with some Greek Yogurt for lunch and a lean steak with vegetable sides for dinner. Protein helps to ensure you feel full and helps to keep your calories under control.

Eat Fish!

Fish contains omega-3 fatty acids which are a complete plus for the brain and your body. It helps to reduce your risk of having a heart attack or stroke.

Take Advantage of Social Media Healthy Meal Resources

Not sure where to begin with healthy eating and recipes? Check out YouTube University or join a Facebook group whose focus is healthy eating.

Reduce Your Portion Sizes

Look for ways to reduce your portion sizes to improve your eating habits. This effort can be as simple as eating from a bowl instead of a plate or partaking in a meal from a smaller plate.

Eat Whole Grains

Whole grains are a healthy way to improve your dietary practices. They contain vitamin B, fiber and are rich with minerals like iron, magnesium, and selenium. Also, they reduce the risk of chronic illness and disease.

Add Green Tea to Your Beverage List

Green tea contains numerous antioxidants and nutrients that continues to win praise from those who fancy this drink. Green tea helps to lower the risk of cancer, increase fat loss, and enhance the function of our brain.

Exercise

Exercise is good for so many parts of your body, but it is great for your digestive system. It helps to rid you of sluggish intestines thanks to its ability to improve circulation throughout the body.

Get Your Sleep

Getting adequate sleep helps to keep your metabolism healthy and enables you to digest food and burn energy effectively. A good night's rest empowers our body to regulate blood sugar better.

Schedule Your Last Snack

If you are in the habit of snacking throughout the day and into the evening, you should take the time to consider scheduling your snack in the evening to spare yourself from unhealthy snacking at bedtime.

Enjoy Your Dairy (Drink Milk)

Dairy gets a bad rap these days in the face of plant-based or low-carb eating. However, dairy helps us to maintain potassium, vitamin D, calcium and phosphorus levels which are essential for building healthy bones.

Keep It Simple from Time to Time

Finding the path to healthy eating can initially seem difficult initially, but the best way to get there may be to simplify initially.

Eat Popcorn

Popcorn is a rich source for fiber and makes for a healthy, whole grain snack. It's low in fat, contains protein and can be a potent ally in your fight against hunger.

Eat Nuts

Almonds, pistachios, and macadamia nuts are an excellent protein snack that contains healthy sources of fiber, fat, and omega-3's. Keep this snack to a handful because they are high in calories.

Switch Things Up

Don't be afraid to try new things to improve your diet. Next time you go to the grocery store, purchase a fruit and veggie that you have never eaten.

Beware of Chemical Additives

Choose foods that do not contain chemical additives. This tip may seem difficult or even tricky when you consider the number of chemicals in processed foods or chemicals used on produce. Chemical additives to avoid include aspartame, BHA and BHT, monosodium glutamate, sodium nitrate/nitrite, trans fats, and high fructose corn syrup to name a few.

Do Not Fall for Sweeteners

You may be tempted to reach for your creamer and sweetener in the morning for your coffee but steer clear of them if you are serious about improving your diet.

Try Going Low Carb for a While

Consider going low carb for a while to change things up. Going low-carb is a fantastic way to rid yourself of processed foods and to focus on eating lean meats and vegetables.

Try Being Plant-Based

Not a fan of the low-carb movement? The plant-based diet may be the alternative plan for you. A plant-based diet encourages you to only consume vegetables, seeds, legumes, fruits, or whole grains.

Keep Your Stress Under Control

Too much stress can be disruptive to your digestive system.

Swap Out Your Juices for Real Fruit

Rather than indulge in calorie-rich juices, switch it out for the real thing. Fruits are far healthier than sugar-laden juices that claim to be the real thing.

Eat Dark Chocolate

Eat dark chocolate for heart health, minimum 60% cacao. Dark chocolate helps to raise HDL levels (good cholesterol) and contains key antioxidants. Moderation is still key, as it is high calories, so enjoy a small piece daily.

Use Whole Grain Flour

Whole grain flour is rich in vitamin B, iron, magnesium and antioxidants. This flour is healthy for your brain, heart and muscle function.

Take Control of Your Kitchen

When did you last health-proof your kitchen? It's time to get into the pantry and do a bit of cleaning. Get rid of the unhealthy items and replace them with healthy goodies.

Keep Healthy Snacks at Your Desk

If you like to snack at your desk, take steps to keep healthy snacks available. This practice will save you from making unhealthy journeys to the vending machine and can help to hold you over until your next meal.

Consider Boosting Your Vitamin Intake

Unfortunately, when we do not eat well, we miss out on several necessary vitamins and minerals for our body to function well. Supplements should not be the primary path to getting your vitamins, but they are a great addition. Vitamins can serve to improve your overall energy levels, boost immunity, and enhance overall function.

Drink Black Tea

Black tea lowers the "bad" LDL cholesterol, supports digestion and can aid in decreasing the blood sugar levels.

Drink White Tea

White tea is known for its antioxidants which help to reduce the risk of heart disease and lowers the risk for cancer.

Permit Snacks

Allow yourself to eat snacks. Snack deprivation can lead to binge-eating which may defeat the purpose of your efforts to improve your overall diet.

Enjoy a Protein-Filled Breakfast

Protein-filled breakfast is a great place to start if you're looking to increase your dietary intake of protein. Protein can help to keep you fuller, longer and is proven to help you maintain a healthy weight.

Eat foods with Vitamin A

Sweet potatoes, carrots, cantaloupe, apricots, and those green, leafy vegetables are high in vitamin A. Vitamin A plays a significant role in our body's overall repair.

Eat foods with Vitamin B

Sure, you could take a supplement to get adequate vitamin B, but why not eat the right foods instead? Seeds, nuts, green vegetables, and legumes are excellent sources for this potent vitamin which contributes to our overall cardiovascular health.

Eat foods with Vitamin C

Add citrus fruits to your breakfast or lunch each day. This effort will help you to ensure that you have an adequate intake of foods that will support your immune system.

Eat foods with Vitamin D

Improve your dietary intake of vitamin D by making a conscious effort to eat fatty fish, liver, cheese, and egg yolks. Fortified foods are another fantastic source of vitamin D which is vital for your overall bone health.

Eat Foods with Vitamin E

Vitamin E contains antioxidants which can assist in boosting your immune system. Improve your intake of this vitamin by increasing your intake of greens, nuts, and seeds. Each of these foods offers a natural way of getting an adequate amount of vitamin E into your diet.

Eat Foods with Selenium

A diet that contains a regular intake of selenium can do wonders for heart health, your respiratory system, and decrease inflammation throughout the body. Pork, beef, turkey, and nuts are each excellent sources of selenium.

Eat Foods with Magnesium

Salmon, tuna, dark green, and dark leafy vegetables contain magnesium which is fantastic for increasing your energy levels and reducing inflammation.

Ensure Your Menu has Variety

Do you hear that sound? It's your menu calls for a bit of spice and variety. If you find yourself eating the same foods day after day, your menu is lacking in variety. Switch things up.

Balance Your Caloric Intake and Expenditure

A healthy diet has a deep relationship with your caloric intake. Too many calories may tip the scale in the wrong direction. Too few calories can leave you feeling drained. Find a healthy balance to ensure you aren't burning too few or too many calories.

Rise and Shine to Earn Early Bird Credit

Get up early. The earlier you rise, the sooner you can jumpstart your metabolism with a healthy breakfast.

Get Creative with Your Desserts Menu

You love a good dessert, but your menu might be lacking. Try dabbling in fruit recipes and healthier recipes that contain your favorite ingredients like chocolate. Opt for dark chocolate instead of regular chocolate. Try almond flour instead of white flour. Don't forget the whipped cream.

Replace Your Soft Drink

Replace your soft drink with lemon water, black tea, a natural fruit juice, coconut water or other fizzy drink.

Can I Have My Salad Dressing on the Side Please?

Get your salad dressing on the side. This action will spare you the intake of excess calories.

Count Your Nutrients More Often than Calories

Calories are important but knowing the nutrients in your food is just as important. Paying attention to those nutrients will enable you to evaluate the percentage of carbs, protein, vitamins, minerals and fat you are taking into your body on a daily basis.

Know the Signs of When You are Full

Do you know the signs of when you are full? Experts recommend that you stop eating when you are approximately 80 percent full. By doing so, you will in effect keep yourself from overeating and stretching your stomach. This practice is an old Japanese tradition that promotes health and wellness.

Avoid Making Up for Missed Meals in One Sitting

Are you guilty of eating all three meals in one-sitting? Try to avoid this practice as much as possible. Your body does not always respond well to this practice. Unfortunately, it can cause your blood sugar to rise as your body moves to store this food for later use, contributing to weight gain.

Establish Goals Each Week

Set dietary goals each week. Use these goals to build better nutritional habits. For example, use one week to focus on improving your veggies intake, use another week to add new fruits to your repertoire, and use another week to sample different lean meats.

Avoid Being Thirsty

Hydrate well to avoid thirst. Thirst can trick us into thinking we're hungry and trigger overeating.

Cook Your Food Thoroughly

Take the time to cook your food thoroughly to avoid those nasty stomach bugs or food poisoning.

Reward Yourself for Good Dietary Practices

Healthy eating is fun but aside from great physical health benefits –what are the other rewards? Practice rewarding yourself for good behavior. This reward may come in the form of a cheat day or a gift to yourself in some fashion.

Eat Foods that Contain Potassium

Our bodies depend on us to get potassium from our diet since it does not produce it. We need potassium for healthy bone development and heart functions.

Limit Alcohol

Alcohol contains a lot of calories and may destroy best-laid plans for weight loss. Remember to drink in moderation. For example, limit your intake of wine to one glass per day.

Choose Foods that Help You to Control Your Cholesterol

Choose foods that are good for your cholesterol. Strawberries, apples, grapes and citrus fruits contain sterols and stanols which help to block the absorption of cholesterol by the body.

Eat Foods that Promote Fetal Development

Planning to have a baby? Your diet is all about the health of your baby and your body during the pregnancy. To ensure you get adequate nutrition during the pregnancy for you and the baby aim for a balanced diet that include salmon, broccoli, lean meats, eggs, dairy, sweet potatoes, and dark leafy vegetables.

Eat Anti-Inflammatory Meals

If arthritis or other bodily pains are proving to be too much for your day to day function, it may be time to re-evaluate your favorite foods. There are some foods like sugar, dairy, processed or fried foods. If your diet consists of any of these things and you're experiencing pain, make a change.

Choose Foods that Promote Digestive Health

Probiotics, fermented foods, fruits, vegetables, and whole grains all benefit digestive health!

Choose Foods that Combat Menopausal Symptoms

If you are in the midst of menopause, you may want to look at modifying your diet to include vitamin D, iron, flaxseed, whole grains, and boosting your water intake to manage your menopausal symptoms. Your diet can go a long way to combat menopausal symptoms.

Choose Foods that Reduce the Risk for Cancer

Eat foods that contain a high level of antioxidants and aid in boosting immunity. Your goal should be to eat the rainbow. Antioxidants are famous for their ability to not only decrease our risks for developing cancer but may also reduce our chances of developing heart disease, cancer or Alzheimer's disease.

Do Not Overcook Your Meats

Your goal should be to cook your meat through and through, but you must avoid overcooking your meat because this will rob it of its nutrients.

Cook with Extra Virgin Olive Oil

Olive oil contains good fats which translate to good heart health. Olive oil contains vitamin E, vitamin K, and potent antioxidants.

Be Wary of Hydrogenated Oils

These oils may have the advantage of having a decent shelf life, but they can wreak havoc on your LDL cholesterol and LDL cholesterol.

Cook with Herbs and Spices

Trade in your salt and pepper for herbs and spices. Salt and pepper do not have to be the staple of your seasoning collection of flavors every time you turn on the stove. Try adding oregano, cilantro, paprika, cumin, rosemary and other herbs and spices to your baker's rack. You will fall in love with the recipes you create.

Avoid Eating Three Hours Before Bedtime

Try to stop eating within three hours of bedtime to give your body time to burn fat and decrease blood sugar levels. Each time you start to eat, your blood sugar revs up like the engine on the car.

Practice Good Food Hygiene

Clean your fruits and veggies and cook your food thoroughly. According to the CDC, 128,000 people are hospitalized, and 3,000 people die every year from foodborne illnesses.

Wash Your Hands

Always wash your hands before preparing or sitting down to enjoy a snack or meal. Washing your hands helps to stop the spread of illness.

Make Meals a Pleasant Eating Experience with Good Company

Surround yourself with good people as often as possible during your meal time. An angry meal makes for an upsetting and disruptive digestive tract experience.

Make Sure the Meal is Satisfying

Healthy eating should be a pleasant experience. Make sure your meals are satisfying and meet your needs.

Treat Each Meal Like It Matters

Make it your priority to ensure your meals are always delicious and not just whimsical task you complete. Poor preparations and experience do not always translate to a healthy and satisfying eating experience.

Keep a Positive Attitude

Maintain a positive attitude during meal preparation and mealtime. Make it a fun experience and build memorable experience on your journey to healthy eating and living.

Get Help from a Professional

Do not be afraid to get the help of a nutritionist or dietary professional to help you find your way to eating a healthy diet.



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