

IDEATION 1:

Include protein with every meal. Including some protein with every meal can help balance blood sugar.

Eat oily fish, Eat whole grains, Include healthful fats, Use extra virgin olive oil, Eat nuts can increase the nutrition and protein level in our body.

IDEATION 2:

Aim to make breakfast a part of our routine

Choose complex carbohydrates, learn protein sources, healthy fats, and a wide variety of fruits and veggies.

Stock your fridge and gym bag with healthy workout snacks.

IDEATION 3:

- To choose good carbs ,not no carbs ,whole grains are your best bet.
- To pay attention to the protein package .fish ,poultry,nuts and beans are the best choice.
- Nutrition is the biochemical and physiology process by which an organism uses food to support it's life.

The AI is a recommended average daily nutrient intake level, based on experimentally derived intake levels or approximations of observed mean nutrient intake by a group of apparently healthy people that are assumed to be adequate.

IDEATION 4:

Fitness apps are applications designed by companies to keep you fit and healthy. These apps can be downloaded on mobile phones quite easily. The aim of these apps is to make your lifestyle healthier by tracking your food intake, water intake and workout pattern.