What are the food habits we must follow for a healthy lifestyle?

Maintaining a healthy lifestyle involves adopting good food habits among other factors. Here are some key dietary habits that contribute to a healthy lifestyle:

1. **Eat a Balanced Diet**: Consume a variety of foods from all food groups including fruits, vegetables, whole grains, lean proteins, and healthy fats. This ensures that you get all the necessary nutrients your body needs.
2. **Portion Control**: Be mindful of portion sizes to avoid overeating. Pay attention to serving sizes recommended on food labels and use smaller plates to control portion sizes.
3. **Stay Hydrated**: Drink plenty of water throughout the day to stay hydrated. Limit sugary drinks and opt for water, herbal teas, or other low-calorie beverages.
4. **Limit Processed Foods**: Minimize consumption of processed foods, which are often high in added sugars, unhealthy fats, and sodium. Instead, choose whole, unprocessed foods whenever possible.
5. **Reduce Sugar Intake**: Limit intake of foods and beverages high in added sugars such as sodas, candies, and sweetened snacks. Opt for natural sources of sweetness like fruits.
6. **Choose Healthy Fats**: Include sources of healthy fats in your diet such as avocados, nuts, seeds, and olive oil. Limit saturated and trans fats found in fried foods, baked goods, and fatty meats.
7. **Increase Fiber Intake**: Eat plenty of fiber-rich foods like fruits, vegetables, whole grains, and legumes. Fiber helps promote digestive health, regulate blood sugar levels, and can aid in weight management.
8. **Eat Regularly**: Stick to regular meal times and try not to skip meals. This helps regulate metabolism and prevents excessive hunger which can lead to overeating.
9. **Practice Mindful Eating**: Pay attention to your body's hunger and fullness cues. Eat slowly, savoring each bite, and stop eating when you feel satisfied, not stuffed.
10. **Plan and Prepare Meals**: Plan your meals ahead of time to ensure you have healthy options available. Prepare meals at home whenever possible to have better control over ingredients and cooking methods.
11. **Limit Alcohol**: If you choose to drink alcohol, do so in moderation. Limit intake to no more than one drink per day for women and two drinks per day for men.
12. **Be Flexible**: Allow yourself to enjoy occasional treats or indulgences in moderation. A healthy lifestyle is about balance, not perfection.

By incorporating these food habits into your daily routine, you can promote overall health and well-being. However, it's important to remember that individual dietary needs may vary, so it's always a good idea to consult with a healthcare professional or registered dietitian for personalized advice.

Nutritious food

**What is the difference between a portion and a serving?**

A portion is how much food you choose to eat at one time, whether in a restaurant, from a package, or at home. A serving, or [serving size](https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label#highlights) [External link](https://www.niddk.nih.gov/disclaimers), is the amount of food listed on a product’s Nutrition Facts label, or food label (see Figure 1 below).

Different products have different serving sizes. Sizes can be measured in cups, ounces, grams, pieces, slices, or numbers—such as three crackers. Depending on how much you choose to eat, your portion size may or may not match the serving size.

To see how many servings a container has, look at the top of the label. “Servings per container” is listed right above “Serving size.” In the example below, a frozen lasagna serving size is 1 cup. But the container has four servings. If you want to eat 2 cups—or half the package—you’d be eating two servings.

Do a little math to find out how many [calories](https://www.niddk.nih.gov/Dictionary/C/calorie) you would really be getting.

* 1 serving = 280 calories
* 2 servings = 280 × 2 = 560 calories

In this case, eating two servings would mean getting twice the calories—and other nutrients—that are listed on the food label.

[View full-sized image](https://www.niddk.nih.gov/-/media/Images/Health-Information/Weight-Management/label-guide_1074x710.JPG?imbypass=true)

**The main message of the Healthy Eating Plate is to focus on diet quality:**

* The [*type of carbohydrate*](https://www.hsph.harvard.edu/nutritionsource/carbohydrates/) in the diet is more important than the*amount of carbohydrate* in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.
* The Healthy Eating Plate also advises consumers to avoid [sugary beverages](https://www.hsph.harvard.edu/nutritionsource/healthy-drinks/sugary-drinks/), a major source of calories—usually with little nutritional value—in the American diet.
* The Healthy Eating Plate encourages consumers to use [healthy oils](https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/), and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat. In this way, the Healthy Eating Plate recommends the opposite of the low-fat message promoted for decades by the USDA.

nutrition deficiency disease

Nutrition is the source of energy that is required to carry out all the processes of human body. A balanced diet is a combination of both macro- and micronutrients. “Nutritional inadequacy” involves an intake of nutrients that is lower than the estimated average requirement, whereas “nutritional deficiency” consists of severely reduced levels of one or more nutrients, making the body unable to normally perform its functions and thus leading to an increased risk of several diseases like cancer, diabetes, and heart disease. Malnutrition could be caused by environmental factors, like food scarcity, as well as disease conditions, like anorexia nervosa, fasting, swallowing inability, persistent vomiting, impaired digestion, intestinal malabsorption, or other chronic diseases. Nutritional biomarkers – like serum or plasma levels of nutrients such as folate, vitamin C, B vitamins, vitamin D, selenium, copper, zinc – could be used for the evaluation of nutrient intake and dietary exposure. Macronutrients deficiencies could cause kwashiorkor, marasmus, ketosis, growth retardation, wound healing, and increased infection susceptibility, whereas micronutrient – like iron, folate, zinc, iodine, and vitamin A – deficiencies lead to intellectual impairment, poor growth, perinatal complications, degenerative diseases associated with aging and higher morbidity and mortality. Preventing macro- and micronutrient deficiency is crucial and this could be achieved through supplementation and food-based approaches.