**About us**

We are a Team of two young developers that strives to make people eat healthier without doing very strict diets. In the next few point, we will tell you what you need to do to eat and feel healthier.

**Basic Components of food**

Before we talk about what to cook and how to eat healthier, we need to learn about the 6 basic components of food and what each component is for.

**Protein**

[Protein](https://www.healthline.com/nutrition/how-much-protein-per-day) is having its moment, and not just in the workout community. But all the hype is for a good reason. Protein is essential for good health.

Protein provides the building blocks of the body, and not just for muscle. Every cell, from bone to skin to hair, contains protein.

A startling [16 percent](https://www.britannica.com/science/human-nutrition) of the average person’s body weight is from protein. Protein is used primarily for growth, health, and body maintenance.

All your hormones, antibodies, and other important substances are composed of protein. Protein is not used to fuel the body unless necessary.

**Healthy Sources**

While meat, fish, and eggs are good sources of essential protein, you can also get protein from plant sources like beans, soy, nuts, and some grains. Exactly how much protein you need daily depends on a variety of factors including how active you are, and your age.

Despite the growing popularity of high-protein diets, there haven’t been enough studies to prove that they’re healthier or can influence weight loss, according to the [Mayo Clinic](http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/high-protein-diets/faq-20058207?p=1).

**Carbohydrates**

Don’t let the low-carb craze fool you. [Carbohydrates](https://www.healthline.com/nutrition/carbohydrate-functions) are necessary for a healthy body. Carbs fuel your body, especially your central nervous system and brain, and protect against disease, according to the [Mayo Clinic](http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/carbohydrates/art-20045705).

Carbohydrates should make up 45 to 65 percent of your total daily calories.

**Fats**

[Fats](https://www.healthline.com/nutrition/how-much-fat-to-eat) often get a bad rap, but recent research has shown that healthy fats are an important part of a healthy diet.

According to [Harvard Medical School](http://www.health.harvard.edu/staying-healthy/the-truth-about-fats-bad-and-good), fat supports many of your body’s functions such as vitamin and mineral absorption, blood clotting, building cells, and muscle movement. Yes, fat is high in calories, but those calories are an important energy source for your body.

**Vitamins**

Vitamins are vital for warding off disease and staying healthy. The body needs these micronutrients to support its functions. There are 13 essential vitamins that the body needs to function properly, including vitamins A, C, B6, and D.

Each vitamin plays an important role in the body, and not getting enough of them can cause health problems and disease. Many Americans do not get enough of many essential vitamins. Vitamins are essential for healthy vision, skin, and bones.

Vitamins may lower the risk of lung and prostate cancer, and they’re powerful antioxidants. Vitamins like vitamin C boost the immune system and help the body heal.

**Minerals**

Much like vitamins, minerals help support the body. They’re essential for many body functions, including building strong bones and teeth, regulating your metabolism, and staying properly hydrated. Some of the most common minerals are calcium, iron, and zinc.

In addition to strengthening bones, calcium helps with nerve signal transmission, maintaining healthy blood pressure, and muscle contraction and relaxation. Iron supports your red blood cells and hormone creation, while zinc boosts your immune system and wound healing.

**Water**

You can go for weeks without food, but you can’t last more than a few days without water. Water is crucial for every system in your body. It’s also the main thing you are made of. About [62 percent](https://www.britannica.com/science/human-nutrition) of your body weight is water.

**What makes food healthy**