Healthy You: Eating Right

You've probably heard this advice before. Eat nutritious foods if you want to stay healthy. It's good advice, and it is certainly true. Some foods contain more nutrients than others. A balanced diet will give you the proper nutrition that your body needs.

What Should You Eat?

What foods are part of a balanced diet? You should be eating a variety of fruits and vegetables every day. Your meals should also contain some sort of protein, such as chicken, fish, or tofu. Eat a starchy food, such as bread, potatoes, or rice, at each meal. Some people also consume dairy or non-dairy foods.

How Does Food Keep You Healthy?

Different healthy foods have different effects on the body. The vitamin C in an apple will help you fight colds and other illnesses. It will also help repair body tissues, bones, and organs. The vitamin E in an apple is good for your skin and hair. It also keeps your cells from aging as quickly. Other nutrients in an apple keep your blood healthy.

The effects of spinach are even more amazing. This super food helps keep your brain functioning. That's important because of the millions of messages that the brain sends all around the body. Spinach also helps keep bones strong and slows the growth of some cancers.

Is It Okay To Eat Unhealthy Foods?

Of course, we don't always make the healthiest food choices. Sometimes, it's easier to grab a bag of pretzels when you want a snack. Other times, you want a cookie for dessert. As long as it doesn't become an excessive habit, it's fine to enjoy these foods, too.

What Should You Do?

Luckily, there are many healthy foods that are also very tasty. So, start making sure your meals are more balanced. It's never too late to become a healthier you!