asdasdGood nutrition habits.

Nutrition is essential for humans and to achieve it, good eating habits are needed, which are achieved with the correct daily food intake which we must learn to consume, first eat enough vegetables which they have few calories and many nutrients, is advisable to eat 5 servings per day add grain as they are a source of energy and natural carbohydrates, of them is advisable to eat 6 to 8 servings per day, reduce animal foods they are the containers of saturated fat and when consumed in excess originate overweight, these foods are meats that are eaten more for them is recommended, if they are red meat only 1 or 2 times a week and most white meat 3 times a week  another point is advisable to avoid high calorie foods which can be fried foods, desserts, candy, cookies, etc. Which contain fats and carbohydrates that accumulate and generate overweight.

Another important point good eating habits is to eat tidily remember that breakfast is the most important meal of the day and should not prevent ikewise it is advisable to do three main meals and 2 snacks, and never stop eating more than 4 consecutive hours.

Finally fluid intake is vital for keeping the body hydrated helps to have better digestion, it is recommended two liters of water daily.