# EAT HEALTHY STAY HEALTHY

Heath is better than wealth. It means that it is always better to be healthy than wealthy because a healthy man can be happy without any wealth. The eating healthy leads to the healthy minds which help to make better decision that makes life healthy. Eating healthy is one of the good habits of a person as he can be free from diseases and can develop healthy mind which makes his life more comfortable. Some of the source of healthy food is berries, fruits, vegetables, grains, lentils, nuts.

Berries are among the Healthiest foods on earth which are high in fiber that help to improve blood sugar, insulin response and lowers cholesterol levels. They are packed with vitamin C which helps for wounds healing, skin regeneration. Berries also prevent from memory loss caused by aging.

Fruits and vegetables are packed with vitamins A, C, E as well as magnesium, zinc, phosphorous and folic acid. Vegetables like green peas, cauliflower and fruits like avocados, coconuts are highly rich in fibers. Many vegetables and fruits contain phytochemicals, which are biologically active substances that can help protect against diseases like diabetes, stroke, high blood pressure etc. Cholesterol doesn’t exist in fruits and veggies at all. Enjoying fruits and vegetables is a great way to improve your health and actually enjoy what you eat.

[Grains](https://www.healthline.com/nutrition/grains-good-or-bad) are the seeds of grass-like plants called cereals. Some of the most common varieties are corn, rice, and wheat. One of the biggest health benefits of eating grains is that they lower your risk of heart disease, diabetes and supports in healthy digestion. Current research suggests that whole grains is the strongest anticancer benefits are against colorectal cancer

Lentils are one of the world's oldest health foods which make a healthier choice for heart instead of red or processed meat. It can [lower cholesterol](https://www.webmd.com/cholesterol-management/default.htm) and protect against [diabetes](https://www.webmd.com/diabetes/default.htm) and [colon cancer](https://www.webmd.com/colorectal-cancer/default.htm). The potassium, foliate, and iron in lentils also provide lots of benefits like lowering blood pressure, forming red blood cells. If you're [pregnant](https://www.webmd.com/baby/default.htm), foliate is important for your baby's development

Nuts like macadamias, pecans, pine nuts, pistachios and walnuts are antioxidant powerhouses that help in lowering obesity, cholesterol and triglyceride levels. Nuts have strong [anti-inflammatory properties](https://www.healthline.com/nutrition/13-anti-inflammatory-foods). Several studies suggest that nuts help lower heart disease and stroke risk.

Berries, fruits, vegetables, grains, lentils, nuts are the healthy food items that should be consumed by each person in balance to make the healthy body. Such habit wills strength the longevity of age. He/she can make better decision and it prevents form many diseases like diabetes, high blood pressure, heart attack, stroke etc. Hence, eating healthy guide a person to healthy life.