

## **A HEALTHY DIET IS A GUARANTEE OF HEALTH!**

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### **A healthy diet**

A healthy diet is a diet that maintains or improves overall health. It provides the body with fluids, macronutrients such as protein, micronutrients such as vitamins, sufficient dietary fiber and food energy.

The products you consume greatly affect the health and quality of life not only for you, but also for several generations after you.

There is a lot of talk about healthy eating habits, but the growing number of "new healthy" diets and trends can leave one in a difficult position.

In order to take a bold step towards a healthy lifestyle, it is very important not to forget about the rules of regular healthy eating.

### **A healthy eating pattern is not a diet**

It should be clearly understood that healthy eating and diet are not the same concepts. A diet means a restriction, and a healthy diet does not strictly prohibit one or another product.

Healthy eating is a method and principles that help maintain a good mood and balance. Problems such as weight loss, obesity, or the removal of poorly absorbed products from the daily routine are the next step in the path of personal choice.

Scientific studies have found that popular diets or poor nutrition in the form of complete or partial restriction of certain products increase the risk of developing fatal heart and vascular diseases and cancer.

Eating healthy is a personal investment in self-development, self-education, care, and life.

### **The result depends on your activity**

If you have set a goal to lose weight or gain weight, then you need to consider your activity level. Even if you follow a healthy diet, you won't achieve anything with little effort.

Research has proven that people who play sports, follow the right diet and lead an active lifestyle achieve results faster than people who eat right but exercise less.

### **Food for the mind**

Consumed food forms organ tissues and affects all processes in the body by itself. In addition to mental processes. After all, your physical condition is also reflected in your mood.

Therefore, pay attention to how you think, do you understand that you need to take care of your body? At the same time, we need to enrich our knowledge about the body in order to understand how the consumed food affects our body.

The last rule is the need for self-encouragement. Read recommendations on proper nutrition, look for like-minded people, share your experience and encourage those around you.

### **Calories and energy balance**

Calories are the amount of energy, fuel, which is produced by the breakdown of the food we eat in the body.

Whether or not you should count calories has been debated for years. Some people rely on their intuition to eat, while others cannot clarify anything without numbers.

But it is clear that if you eat more calories than you burn, the unused calories will be stored in your body as fat. Otherwise, you will lose weight. Accordingly, if you want to lose weight, you need to burn more calories. If you want to gain weight, you need to eat more calories than you burn.

From this it can be concluded that maintaining an energetic balance is very important in relation to the regime you follow.

### **Proteins, fats and carbohydrates**

Healthy eating is a big science, and no matter how simple its rules sound, there is a huge knowledge base that people need to learn.

Proteins, fats and carbohydrates are among the terms of the concept and scientific category of a healthy lifestyle. It is impossible to imagine a healthy diet without these three important substances, so we will talk about them many times later. The sum of these substances determines the amount of calories in the product.

#### **Proteins**

Protein is one of the main organizational elements in the body. All human organs and tissues are made of proteins.

Proteins serve in the absorption of food and perform hormonal functions.

Protein-collagen is responsible for the largest human organ, the skin, keeping it taut and protecting it from the environment.

There is also a protein responsible for immunity.

Lack of proteins can have a negative effect on the body's activity.

Depending on their origin, proteins are divided into animal and vegetable proteins. We should eat both in our daily routine. depending on your goal, they should be 10-35% of the daily food intake.

#### **Oils**

One of the main parts of food is fat. it is necessary to consume up to 65 grams of fat per day.

Fats are divided into saturated, unsaturated and trans fats. It is very important to eat a variety of fats throughout the day.

#### **Carbohydrates**

Carbohydrates are energy reserves and are a very important resource for life. Carbohydrates are divided into fast (simple) and slow (complex) types. Complex carbohydrates are broken down to simple carbohydrates with the help of enzymes, and this takes time. That is why they are called slow carbohydrates. Simple carbohydrates do not need to be broken down, they are absorbed by the body faster.

The basics of a healthy diet are proteins in moderation, is the presence of fats and carbohydrates.<sup>1</sup>

### **The key elements of a healthy eating plan are:**

**Diversity:** Choose a meal plan that includes foods from a variety of food sources. It should contain a variety of nutrients such as fruits, vegetables, whole grains, lean meats, fish, nuts, seeds, legumes, and dairy products.<sup>2</sup>

Changing to a healthy diet means changing your eating habits. But it should be done slowly, because if it suddenly touches your soul, the next step will be even more complicated.

Introduce new foods and products step by step and change your eating habits. Then you will not suffer mentally. The main thing is to have a variety of products in your diet.

Know that not all calories are the same. The body is affected by different proteins, fats and carbohydrates, causing different reactions and hormonal changes. One creates muscles, the other forces the body to produce sugar, and the other creates fat. That's why calories give different results. The same number of calories in the daily routine will help you lose weight and build muscle and tissue. will do.<sup>1</sup>

**Balanced diet:** Get the nutrients your body needs in a balanced way. For example, eat small amounts of healthy fat sources while increasing protein, carbohydrates, and fiber.

**Low-fat foods:** Limit high-fat foods such as fried foods, fatty meats, and processed foods. Get healthy fats from sources like avocado, salmon, and walnuts.

**High-fiber foods:** High-fiber foods such as whole grains, vegetables, fruits, nuts, and seeds provide a high fiber content and keep you feeling full. It also contributes to the health of the digestive system.<sup>2</sup>

**Water intake:** Try to drink at least 8 glasses of water a day. Water keeps the body hydrated and removes toxins from the body.

**Regular diet:** eat three main meals every day, breakfast, lunch and dinner.

**Mindful eating:** Eat slowly, enjoy your food and chew your food thoroughly. Also, avoid distractions like watching TV while eating.

**Moderate consumption:** Eating too much can harm your health. Control your portions and eat in moderation

**Limit Sugary Drinks and Alcohol:** Sugary drinks contain high amounts of sugar and should therefore be limited for a healthy eating plan. Alcohol is also high in calories and can be harmful to health, so it should be consumed in limited amounts.

**Focus on Vitamin and Mineral Intake:** A healthy eating plan should include all the vitamins and minerals the body needs. For this, it is necessary to eat a variety of foods such as fruits, vegetables, whole grains, dairy products, meat, fish, nuts and seeds.

Healthy eating habits help keep your body healthy and strong.<sup>2</sup>

### **World Health Organization**

The World Health Organization (WHO) makes the following five recommendations for populations and individuals:

Maintain a healthy weight by eating in proportion to the number of calories your body uses.

Consume no more than 30 percent of your total caloric intake from fat, and you should know that unsaturated fats are preferred over saturated fats. Avoid trans fats.

Eat at least 400 grams of fruits and vegetables (excluding sweet potatoes, cassava, and other starchy vegetables) per day. A healthy diet also includes legumes (such as lentils, beans), whole grains, and nuts.

Sugar intake should be less than 10% of total caloric intake (caloric intake may be better than 5% or less than 25 grams).

You should limit salt/sodium from all sources and make sure the salt is iodized. Eating less than 5 grams of salt per day reduces the risk of cardiovascular diseases.

According to the WHO, not getting enough vegetables and fruits is responsible for 2.8% of deaths worldwide.

Other WHO recommendations include: making sure food choices contain enough vitamins and certain minerals; avoidance of directly toxic (for example, heavy metals) and cancer-causing (for example, gasoline); avoiding food products contaminated with human pathogens (eg, raw or undercooked ground meat products, parasitic worm eggs); and replacing saturated fat with polyunsaturated fat in the diet reduces the risk of cardiovascular disease and diabetes.<sup>3</sup>

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