# Healthy Food Tips

Most of us need a few healthy food tips from time to time. Are you planning on improving your family’s health? Just follow these 8 simple tips!

## Don't believe what you read!

Just make it on this website, or any other website, even on the news, don't believe it. Not at first glance.

"If you don't read the newspaper, you are uninformed. If you do read the newspaper, you are misinformed." - Mark Twain

As tedious it is, you need to do some research on your own. Otherwise you'll believe everything you've been told about cholesterol, fat and fibre.

One thing you shouldn’t do when you want to eat smart and healthy, is just go along with the media. These healthy food tips are time tested truths about health, not the latest cool trend. This is about healthy eating for a lifetime.

## **Fresh Fibre First**

Do you love food? As a preeminent lover of food, the most important healthy food tip that I give to everyone, is to eat some fresh fibre first.

Why would that be number two in the healthy food tips? What does eating fresh fibre first mean? It's as simple as fresh meaning fresh. Something that was grown recently, or was just alive.

Fibre means something that contains lots of fibre - namely a fruit or a vegetable.

The first of the tips will change your entire future by adding healthy fibre every day. It' doesn't matter if you eat well, or badly, adding fresh fibre will improve your state of health.

Pick something different every time you eat. Have a carrot, plum, apple, orange, broccoli, bok-choy - whatever you like! Just make sure it's fresh and raw.

All of the healthy food tips are central to smart healthy eating.

## **Eat some fat!**

Eating fat goes against everything we've been told for many years, but if you look at the worlds healthiest people, they all eat fat. Sometimes even a lot of fat.

Contrary to what the current myth is, fat does not make you "fat". Grains and empty carbs make you fat. To fatten up a cow, you feed it grain.

We are totally missing the healthy boat if we are eating low fat foods. Fat makes you feel satisfied, gives your body ingredients for life (especially Omega 3 fat found in fish). If you don't know about all of the benefits of Omega 3 then you are not aware of all the benefits of fat.

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## **Eat some dirt.**

Who would think that eating dirt would be part of healthy food tips?

As a little kid do you remember when you'd go out in the garden, pull up a carrot, wipe it on your shirt, and eat it?

One of the big benefits you got from that, (besides eating some fresh fibre) was a heap of bacteria. Healthy Bacteria. You were probably taught that all bacteria are bad, but that is not the case. If you were to want to test your soil, to see if it's healthy, bacteria are what they would look for? If there are no bacteria in it, it's dead soil - sterile soil - and not good soil.

Your body was designed to function in concert with trillions of bacteria. The help you digest, and absorb food, keep bad bacteria from having a place to grow, and make you healthy. Without them, you are not good soil.

If you don't want to eat dirt, you can find a replacement for dirt by considering Probiotic Supplements. That way you can get all the benefits of eating dirt, without having to eat one of your kid's mud pies.

## **Try a salad**

The next of the healthy food tips is to try a salad. But not just any old salad. Put in the things you like to eat. Try some new things to see if they belong in the list of things you like to eat.

Give this a try: Go to the produce section of your grocery store, and buy a whole bunch of the strange things that you've looked at and wondered what they were.

Chop them up thumbnail size in a big bowl. Add your favourite dressing, or try it plain. If you find things you don't like, then don't add them next time. If there are things you do like, add more.

Of all the healthy food tips this one is the most fun, because it's up to you to put in whatever you want. If you love a certain type of salad already, then have more of it. Give yourself a double portion. You know the big bowl you put in the middle of the table to serve salad? Use that as your bowl.

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## **Eat meat**

Protein is the other filling food. This one triggers your brain to say, I'm full. Nothing shuts down the hunger centre faster than some meat. It's almost like most of us love to eat only that! The ideal meats are slow cooked wild meat, but grass-fed beef, free range chicken, turkey, goose, lamb, and wild fish are all deliciously wholesome. Throw that roast in the slow cooker and enjoy it with a big salad and all your favourite veggies.

What if you feel like a healthy snack? Have some leftover meat from last night.

## http://www.smart-healthy-eating.com/images/water.jpg**Drink some water**

Water is the one beverage that you can't live without. It's also the only ingredient in any other beverage that quenches your thirst. When you get thirsty it means your body requires water. Yet in the western world, it's rarely the drink we reach for first.

For those looking to lose weight or to be healthier this is a very important healthy food tip – have some water. If you replace higher calorie drinks with fresh, clean, zero calorie water, your waistline and health will thank you.

Room temperature, ice cold -whatever... just drink it.

## **Eat Smart!**

Smart healthy eating is the easy way to eat well. The guidelines will lead you in the right direction, and help you along the way to the way eating should be. Fulfilling, healthy, delicious and fun.

BMI Table:

|  |  |
| --- | --- |
| **BMI** | **Classification** |
| **18.5 to 24.9** | **Normal weight** |
| **25 to 29.9** | **Overweight** |
| **30 +** | **Obesity** |
| **40 +** | **Extreme obesity** |
| **BMI of Children and Adolescents Ages 2–19** |
| **BMI** | **Classification** |
| **At or above the 85th percentile** | **Overweight or obese** |
| **At or above the 95th percentile** | **Obese** |

**Selected Characteristics Very good to Excellent Poor to Good**

**Male** 38103 10253

**Female** 36414 9526

**0 – 4 Years** 21254 5615

**5 – 11 Years** 29014 7663

**12 – 17 Years** 24249 5600

[Adapted from: <http://www.smart-healthy-eating.com/healthy-food-tips.html>].