

Nutrition



Diet facts

- Omega-3 fatty acids are essential
- Artificial trans fats are unhealthy
- Eating vegetables provides essential antioxidants.
- Supplements are not as effective as the real thing
- Unprocessed foods are the healthiest choice.

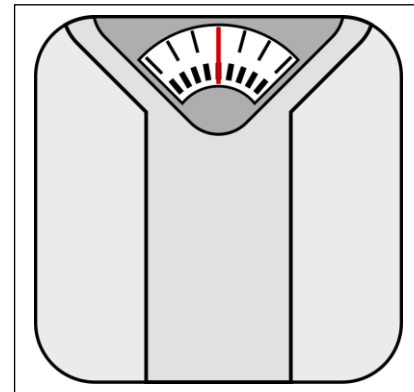
Importance

Following a healthy, efficient dietary plan can do wonders for your physical and mental health. Maintaining a solid nutrition plan can help you regulate your body weight, reduce risk for possible chronic disease, and promote overall health. Organ function is reliant on a balanced diet providing the appropriate nutrients to enhance its efficiency. This article will explain to you the important facts and tips of a healthy diet and will give you some starting points if you are ready to make a lifestyle change.

Helpful tips when dieting

- Don't skip breakfast!
- Incorporate plenty of fruit and vegetables.
- Drink plenty of water.
- Avoid snacking.
- Eat protein during every meal.
- Include plenty of fiber.
- Eliminate the bad foods out of your kitchen.
- Get plenty of sleep.

Website	Description	Link
Medical news today	List of the most popular diets rated by experts.	https://www.medicalnewstoday.com/articles/5847.php
WebMd	List of potential tips that will help maintain a healthy diet.	https://www.webmd.com/diet/ss/slideshow-best-diet-tips-ever
Healthline	Importance of a healthy diet	https://www.healthline.com/health/balanced-diet
Healthline	List of notable healthy foods	https://www.healthline.com/nutrition/50-super-healthy-foods
Healthline	Notable facts about diets.	https://www.healthline.com/nutrition/top-10-nutrition-facts
HHS.gov	Importance of nutrition	https://www.hhs.gov/fitness/eat-healthy/importance-of-good-nutrition/index.html



Its always important to keep yourself aware of your body weight on a regular basis!