



Healthy Living: A Step-By-Step Guide to Healthy Living & Weight Loss

Roddy Lesperance

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As the heading suggests, if you want a balanced lifestyle you need to eat a balanced diet. Of course a healthy diet is only one part of a healthy lifestyle and one needs to consider exercise and relaxing pursuits in between an everyday work routine. When it comes to the food side of the equation however, many people erroneously seem to think that a healthy diet requires starving oneself or eating foods that are unpalatable. This is simply not the case. The balanced diet from decades ago that has stood the test of time and that everyone seems to have forgotten, includes eating three meals a day consisting of the five basic food groups.

These five basic food groups consist of vegetables and legumes, whole grain foods, fruit, meat, poultry and fish accompanied by dairy products. These groups will provide you with all your required daily nutrients, provided they are organic. Organic is a general term applied to food that implies these food groups are free from pesticides, chemicals and are not genetically modified. In other words, they are healthy and natural. If one cannot obtain or afford to purchase organically grown food, then it is necessary to supplement one's diet with vitamins and minerals. A normal part of a healthy diet also includes drinking lots of water.

In today's environment, obtaining good, clean drinking water may also be challenging. In such an instance you may then opt to purchase water from a reputable source or to boil your water before drinking to ensure you are not consuming any harmful organisms.

Failing to observe some basic healthy eating habits may seem a non-issue when one is younger. This is often a problem in households where processed foods are consumed daily.

Many people don't realize that this will cause major health issues down the road. Because health problems due to poor diet often only arise later in life they may prove more difficult to reverse from a disciplinary point of view. Amazingly enough though, one can simply choose to consume a healthy balanced diet at any point and this will go a long way towards solving ill health. It is therefore to your advantage to educate yourself at a young age regarding healthy eating and share this information with your children. In fact, it is a parent's obligation to teach their children healthy eating habits to protect their health. Failure to do so can be construed as gross negligence.

The following chapters will provide more detail regarding the five food groups.

Further information regarding supplements such as vitamins and minerals are included to ensure you are eating in a healthy manner because your best form of defence when it comes to protecting your health is a balanced diet. To protect your health, you need to be informed about what you put into your body. Treat it as your temple and your body will serve you well. We hope you find the following pages informative in your quest to improve your health and acquire healthy eating habits.

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