

How to take care of your health in order to live long and enjoy well-being? The answer to this question is simple: lead a healthy lifestyle. Unfortunately, stressful work, daily household chores and life on the go mean that we often forget what is good for us. Check out the 10 most important rules that we should follow every day to take care of our health.

Change your eating habits

A properly balanced diet is the key to good health and well-being. What we eat and drink every day has a huge impact on the functioning of the entire body. To take care of your health, it's worth taking a look at your diet.

Regular meals

A healthy diet usually includes 4-5 meals a day eaten at regular intervals (every 2-3 hours). The regular rhythm of meals has a positive effect on the digestive system, regulates metabolism and reduces hunger pangs, which makes it much easier to maintain the current body weight.

No rush

Meals eaten in a hurry have a negative effect on digestion. Eating food quickly and poorly fragmented food can cause gastrointestinal problems, indigestion and, consequently, stress. Therefore, it is worth focusing on eating calmly and carefully. It is definitely better to eat smaller portions slowly than to fill up quickly.



A varied menu

Can you eat healthy and tasty? Yes of course! Eating healthy provides the body with all the necessary nutrients.

A properly balanced diet should include:

- carbohydrate sources - 45-55% of energy from the diet,
- sources of fats - 20-35%,
- protein sources - 15-20%,
- in addition, all vitamins soluble in fat (A, D, E and K) and in water (B vitamins, vitamin C),

and minerals (such as magnesium, zinc, phosphorus, potassium, iron and others).

Healthy Eating

What to eat to find all of the above nutrients in the body? Below is a list of basic groceries that should be included in the daily menu:

- vegetables and fruits,
- legume seeds,
- whole grain cereal products,
- wholesome dairy products,

- lean meat,
- fatty fish,
- vegetable oils,
- nuts, seeds, seeds.

A diet without artificial additives



You should eliminate highly processed foods, fast-food, instant dishes, shop sweets, salty snacks and sweet carbonated drinks from the menu. These products contain simple sugars, trans fats and artificial additives (e.g. dyes, flavor enhancers).

Consuming highly processed foods in excess will have a negative impact on the functioning of the entire body, especially the digestive and circulatory systems. As a consequence, type II diabetes, hypertension and cardiovascular diseases may develop.

When shopping, it is worth developing a habit of checking the composition of a given product. Paying attention to the label will help you make informed consumer choices.