PROPER NUTRITION - SCHEDULE, STANDARDS, BALANCE AND USEFUL PRODUCTS

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Abstract: *The human body receives almost all necessary substances through food and water. The composition of food products and their properties have a direct impact on health, physical development, work ability, emotional state and, in general, the duration and quality of life. It is difficult to find another factor that can affect the human body in such a way. There are many theories about proper nutrition, and new information appears almost every day. Some of them say that it is necessary to limit meat, others say that a diet consisting of only certain products is the key to getting rid of any diseases. In fact, the human body is a very complex system, for its normal functioning it requires both meat and vegetable dishes. Therefore, it is very important to know the rules of proper nutrition. Following dubious recommendations in this regard can cause serious health problems.*

PRINCIPLES OF HEALTHY EATING

First of all, it is necessary to start with making a firm decision about proper nutrition. A few simple rules on which almost all modern dietetics are based and which will help you quickly learn the principles of healthy eating are:

Rule 1. Avoid fast food completely and try not to abuse sweets;

Rule 2. Eat as much as possible from seasonal products - they contain the most nutrients. Winter vegetables and fruits grown in greenhouses or brought from afar, due to the richness of chemicals and long-term storage, not only lose all their useful properties, but also become an accumulator of nitrates and other harmful chemical compounds;

Rule 3. Limit as much as possible the use of refined products: sugar, vegetable oil, white wheat flour, refined white rice. They do not have fiber, which has a negative effect on the digestive system, as well as on the nutrition of the beneficial bacteria living in the intestines. Therefore, instead of white bread, it is better to eat cereal, and instead of refined sugar, it is better to use brown or even honey;

Rule 4. Drink water. Tea, coffee or juices cannot replace water. A person should take at least 30-35 ml of liquid per 1 kg of weight per day. Sweet carbonated drinks are completely prohibited, they contain a very high amount of sugar;

Rule 5. Do not forget about protein foods. They keep a feeling of fullness for a long time and are rich in amino acids. Proteins are necessary for the body to form muscle tissue and renew old cells. Protein-rich foods include a variety of meats, fish, squid, shrimp, nuts, mushrooms, some legumes, eggs, and cottage cheese.

RECOMMENDED PRODUCTS

All products used for food can be conditionally divided into "useful" and "harmful" types. It is recommended to include useful products in the daily diet: they are rich in amino acids, vitamins, micro- and macroelements, fatty acids, fiber. In addition, they are easily digested, do not slow down the metabolism and do not have a harmful effect on health.

These products traditionally include:

Fresh fruits and vegetables (vitamin C, fiber).

Cereals and porridges made from them (vitamins B, E, magnesium, potassium, folic acid).

Dried fruits and nuts (vitamins, fatty acids, protein).

Poultry meat (protein, amino acids, vitamins A, B, E).

Fish and seafood (protein, polyunsaturated acids, vitamins D, E, B12, calcium, phosphorus).

Dairy products: sour cream, cottage cheese, yogurt (calcium, protein, amino acids, vitamins D, A, B12, carbohydrates).

Green tea (vitamins, minerals, polyphenols).

Cold pressed vegetable oils (phospholipids, linoleic and other polyunsaturated acids, vitamins A, D, E).

Honey (vitamins, minerals, glucose, fructose, phytoncides, quickly digestible carbohydrates).

Cereal bread (fiber, enzymes, amino acids).

A healthy diet can be understood as the correct combination of these products, because they bring undoubted benefits to the body and are able not only to be healthy, but also to strengthen it. For example, nutrition experts recommend eating vegetable salads with olive oil and grains cooked in water.

By the way, it is not recommended to eat cucumbers and tomatoes mixed in a salad - sliced cucumbers release a special enzyme that breaks down vitamin C in tomatoes.

Cabbage, asparagus, zucchini, radish, cucumber are suitable for meat, fish and poultry. It is advisable to eat fruits separately, one hour before or after meals.

PRODUCTS NOT RECOMMENDED

However, it is necessary not to forget to exclude from the diet "harmful" products that cause fat accumulation in the body and metabolic diseases, while consuming useful products. To them:

Chips, popcorn, crackers, salted nuts.

Alcoholic beverages.

Any semi-finished products and concentrates: dry potato puree, instant lagmon, etc.

Dough pastries, especially if the sugar content is high.

Fried foods.

Ready-made sauces, including mayonnaise.

Smoked meat, sausage.

Sweets.

Fast food

Juices (except freshly squeezed), carbonated drinks.

Eating sugar and salt is also not recommended. If it is not possible to completely reject them, then it is possible to use honey instead of sugar, and to use salt to a minimum.

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