HEALTHY PLATE

# 10 Principles of Healthy Living for All

Vegetables

Vegetables should form at least a quarter of the food we eat. The more varied the vegetables and preparation methods, the better. Chips don't count as vegetables, and potatoes belong to the polysaccharide group, because of their content.

Fruit

Fruit is the second quarter of the plate. The healthiest and most nutritious is to eat a range of different types and colours that are in season. You can substitute fruit by eating vegetables instead.

Oils and Fats

Oils and fats are the most valuable in healthy super foods, such as nuts, avocado, and fish. Good quality butter and cold pressed vegetable oils are also suitable. Don't eat margarine, and limit other industrially modified fats and oils.
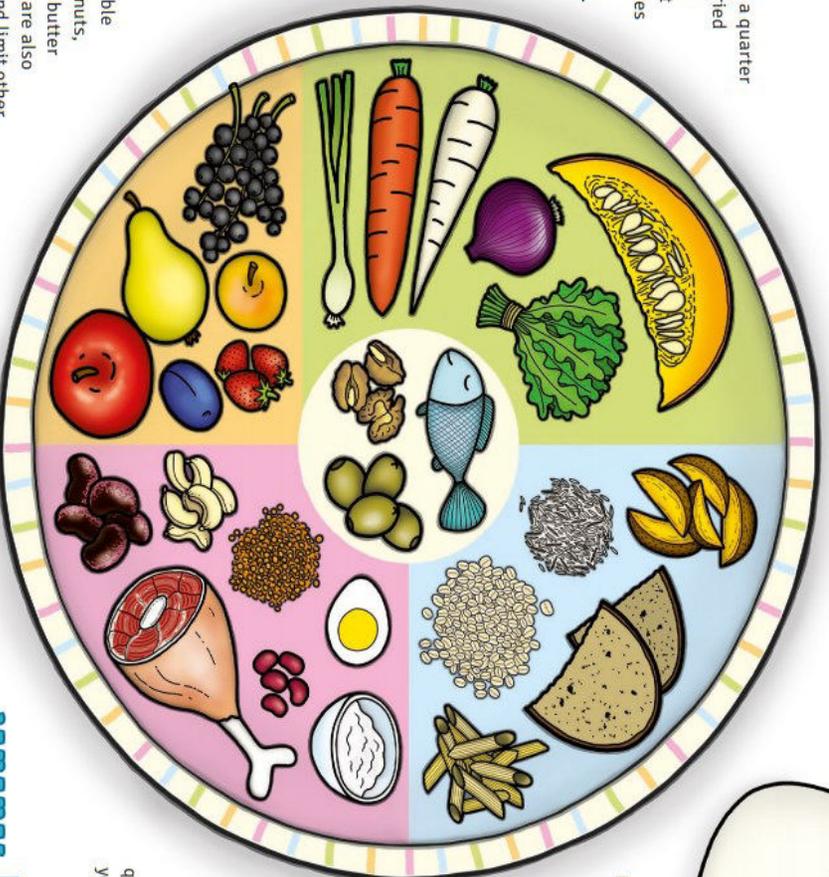
Drinks

The best drinks for you are pure water and unsweetened tea. You are better off leaving sweetened drinks out altogether.

Polysaccharides

Polysaccharides are best in their natural form. For example, millet grains, oats, rye sourdough bread, and wild rice. It is important to limit the amount of processed white flour products that you eat.

Protein

Good protein is from fish, beans and legumes, nuts, seeds, soured milk products, eggs, and meat. A better ratio of vegetable protein would benefit almost all of us. Choose according to taste and your nutritional philosophy.

Lifestyle

Overall, natural and locally produced bio foods are better than processed or imported foods. In addition, you should also get some exercise outdoors, sleep well, spend time with friends, and be in a good mood!

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1) Eat Enough Calories

Not eating enough sends your body into starvation mode and makes it harder to lose weight.

2) Practice Moderation

Allow yourself to eat the things you really want every once and a while. It's perfectly fine to enjoy things like ice cream, cookies or a latte with whipped cream. Just don't make it an every day occurrence.

3) Eat Breakfast

Skipping breakfast does nothing but lead to low blood sugar, moodiness and overeating later. Just remember that you aren't limited to "traditional" breakfast foods.

4) Limit Processed Foods

Processed foods are almost always packed with sodium, sugar, artificial ingredients and other things your body doesn't need.

5) Drink Water

Remember that the calories in your drinks count towards your total calories for the day! Choose water most of the time and remember that if you're thirsty, you're already dehydrated. Take a water bottle with you everywhere to remind you to drink more often.

6) Eat More Vegetables

Make an effort to increase your vegetable intake every day, especially the non-starchy kind. Try to eat a variety of different vegetables and colors so that you get all the different nutrients.

7) Cook More at Home

When you do the cooking, you control the ingredients. Cook extra for dinner and pack the leftovers for lunch. If you do eat out, be smart about it.

8) Be Aware of What You're Eating

Learn proper portion sizes and take the time to learn about the quality of the foods you're eating and where they come from. Pay attention to how often you're eating and make sure you're not doing so out of boredom.

9) Be Physically Active

Physical activity can help control your blood pressure, cholesterol and triglyceride levels, as well as your weight. It can also help improve your brain function, concentration and sleep .

10) Sleep Enough

Aim for eight hours every night. Power down and disconnect from your electronics at least one hour before bedtime and focus on more calming activities like meditation, reading or journaling.