

10 false eating rules are good for health

People who care about health often try to find healthy food to replace what is supposed to be harmful. However, in some cases, this replacement is improperly used, which will have the opposite effect on human health.

People who care about health often try to find healthy food to replace what is supposed to be harmful. However, in some cases, this replacement is improperly used, which will have the opposite effect on human health.

Here are 10 eating rules you should give up immediately if you want a good health.

1. Use bottled fruit juice instead of Coca

People often think that bottled fruit juice is produced entirely from nature so it is very beneficial for health. But the truth is that bottled fruit juices contain more calories than Coca.



So drink water instead of bottled fruit juice or any other beverage to have the healthiest diet.

2. Fresh vegetables and fruits are healthier than processed vegetables

Some studies have shown that some types of vegetables produce more nutrients when they are processed properly. For example, carrots and tomatoes are fruits and vegetables that have a lot of healthier substances than when eaten raw.

What is the best time to eat fruit at the time of day?



Less antioxidants

More antioxidants

However, it does not mean that you should only eat processed fruits and vegetables, which is only true for some vegetables and fruits, most fresh vegetables and fruits will retain more nutrients.

3. Eat sushi during a diet



Helping – 60 g carbs

Helping – 37 g carbs

Some people even use sushi during a diet when eating at restaurants. Although sushi is a healthy dish, compared to a part of salmon sushi, a burger is much better.

You should limit eating sushi if you really want to lose weight.

4. Soy sauce is healthier than salt

Using soy sauce instead of salt is the advice of nutritionists for each family. Once you eat at a Chinese restaurant, you have eaten all the salt in the whole day.



Tablespoon –
38% daily amount of salt

Teaspoon –
100% daily amount

However, it is best to use a little salt in your daily diet to be healthy.

5. Replace sugar with honey

Everyone knows that sugar is one of the healthiest foods so everyone uses honey instead of sugar in sweet foods. But in fact honey has more calories than sugar.



Teaspoon –
25 calories

Teaspoon –
16 calories

The difference between these two foods is not so great but you will not be able to lose weight if you continue to use honey in this way.

6. Dried fruit is the best snack

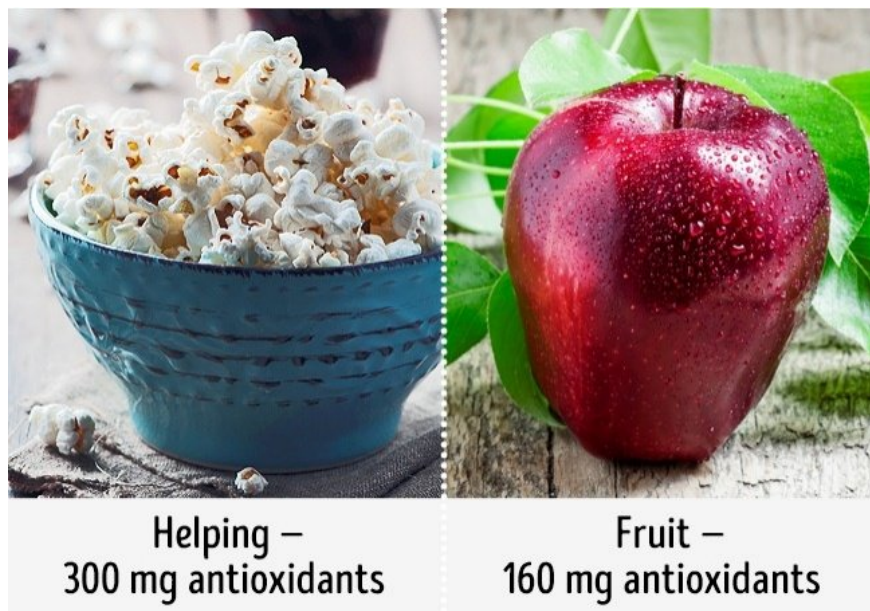
The fruit drying process reduces up to 80% of nutrients, vitamins and antioxidants in fruits. That means you should use fresh fruit to make food in your snacks.



Some manufacturers even add other industrial flavors to the fruit drying process, which will become a health hazard. Therefore, right away tomorrow you should stop running errands with dried fruits.

7. Popcorn is not good for health

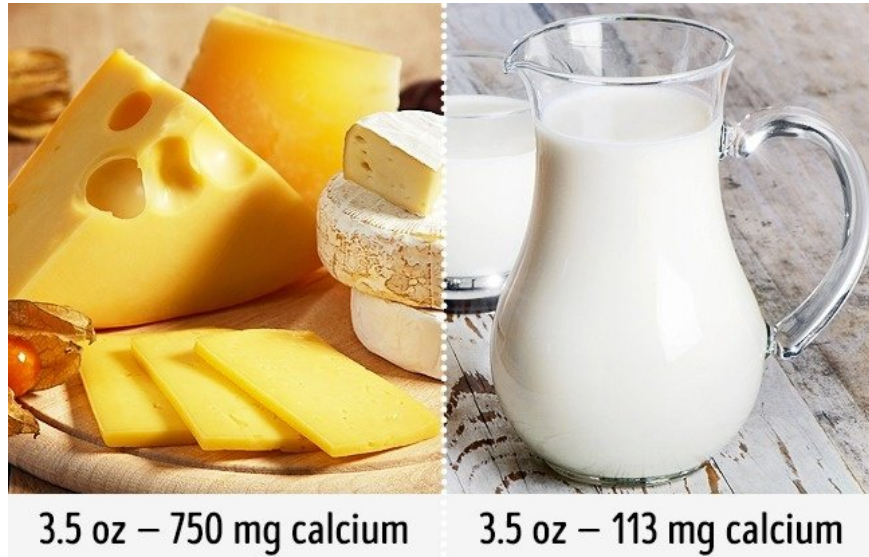
Scientists have shown that popcorn is processed at high temperatures is good for health.



A box of popcorn contains twice as many antioxidants as regular fruits. In addition, the popcorn also has very good fiber for health.

However, you should not eat too much popcorn every day. A box of popcorn every day is a great suggestion for snacks.

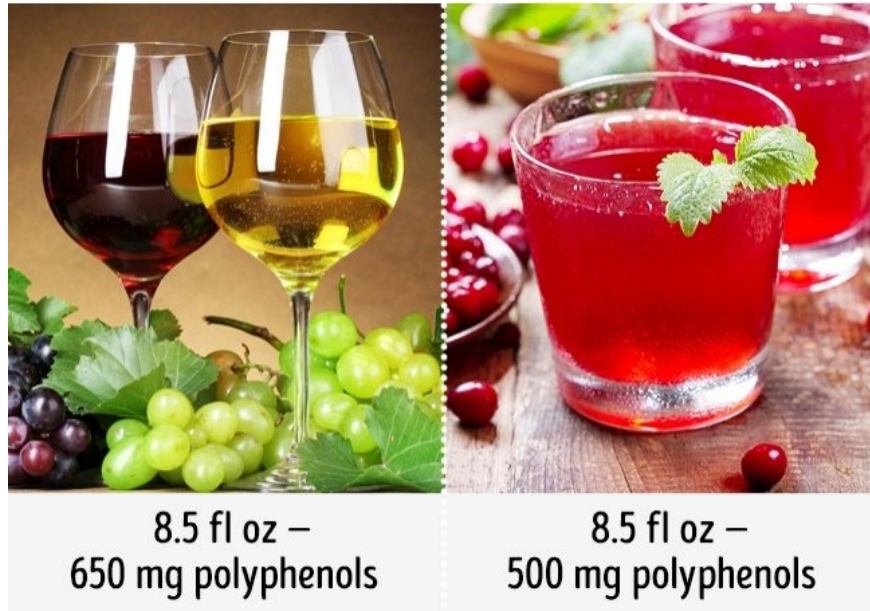
8. Do not eat cheese while on a diet



Cheese is a dish that most dieters recommend not to use because it has too much fat and calories, not good for health and weight loss process. However, even if you are trying to lose weight, you can eat cheese because it contains more calcium than any other product.

Cheese that also contains linoleic acid can help you lose weight better.

9. Harmful alcohol is healthy



One of the best health tips is that alcoholic substances can reduce people's lifespan and cause health problems. However, alcohol also has certain effects. Red wine, for example, contains a lot of polyphenols that help prevent aging, fight cancer and other cardiovascular diseases.

However, you should remember that only one glass of wine per day is recommended.

10. Eliminate fat-containing foods



People who want to lose weight are always serious about eliminating high-fat foods. But in fact, fat is essential for the body. If you don't eat fat, you'll have to replace it with another food. That food may also contain less vitamins and healthier substances. Fat is the essential solvent to specialize in healthy vitamins A, D, E and K, if you don't eat fat, you don't have vitamins.

You finished reading the article "**10 false eating rules are good for health**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.
