

10 tips to help you eat clean - stay healthy

The secret to building a healthy diet - the science that anyone needs to know.

Eating clean means a diet with lots of nutrients and unprocessed foods instead of using high-calorie, sugar and fat-processed foods. Eating clean has a very positive impact on health, helps prevent disease and provides enough energy for each person to live and work every day. Even a healthy diet is so important that doctors make patients to add more green vegetables instead of eating too much meat and fish .

If you search on Google, you'll get plenty of advice on how to buy safe food or build a nutritious diet. However, many assistants feel very hard when searching for quality information about family health. In fact, eating clean is not as complicated as you think and after you know the 10 secrets below, you will find a healthier diet much simpler.

1. Select "rainbow colors" food

Green vegetables are the foundation of a healthy diet and almost everyone of us supplements this food in our daily meals.



The best way is from today you choose foods that contain the following colors: green, red, yellow, white and pink / blue. This will ensure you not only variety of vegetables at meals but also to avoid boredom, stimulate eating more and your body will absorb a variety of essential substances such as antioxidant, Vitamins, minerals and plant nutrients (phytonutrient).

In addition to choosing food, you should also change the processing to increase the attractiveness of the dish, such as boiling, stir-frying or mannequin.

2. Choose protein-rich vegetables

Eating clean doesn't mean you have to be vegetarian but you shouldn't eat too much meat to provide protein for your body. Instead, eat meat a few times a week and choose beans such as lentils, peas, fiber-rich nuts and many other nutrients like folate - great for blood circulation. According to many studies, eating a lot of beans instead of meat will also reduce the amount of cholesterol in the body.



Chickenpeas are also great sources of protein. You can use chicken beans to make salads or appetizers, quinoa nuts to add to soup and many other interesting alternatives to make meals healthier.

3. Buy cut and cut vegetables

You can also buy cut, sliced, sliced ??vegetables . available at the store or supermarket to avoid losing nutrients if you make them at home.

4. Choose foods with low energy density



A clean diet should focus on foods with low energy density - foods with a relatively low percentage of calories (such as green vegetable pulp with less than 10 calories / bowl), to help you feel good. and long enough without having to replenish too much energy. In addition, such meals do not cause a feeling of boredom, suitable for those who are trying to lose weight but still ensure that we are always full of energy.

Drinking at least 2 liters of water, splitting rations and supplementing regular salads in daily meals is also the ideal solution to build a scientific diet.

5. Eat more fiber



Whole rice, green vegetables, fruits and nuts are the staple foods of a clean diet. All are rich in fiber, have the effect of helping the digestive system work stably, reduce cardiovascular risk, stroke, prevent intestinal cancer, fight obesity, treat gallstones and many other great uses. .

6. Eat lots of nuts

Nuts are the choice of many people, not only because they are rich in nutrients but also contain some minerals and trace elements.



According to many studies, eating a variety of nuts such as chestnuts, almonds, pumpkins . will help reduce the risk of breast cancer, diabetes, heart health, weight loss or prevent acne appear. .

7. Black chocolate and wine



Black chocolate and wine - especially red or rosé wines contain many heart-healthy antioxidants and are beneficial for mechanisms to protect against nerve injury and central nervous system depression after acute disorders calculated or as a result of chronic neurodegenerative disease. In particular, in black chocolate also

contains flavon which regulates immunity and enhances the body's resistance.

8. Do not eat too much artificial sweeteners



Artificial sweeteners are used to replace sugar during the processing of many foods and drinks such as soda, candy, desserts . However, many studies show that these substances are likely to increase risk. Obesity and diabetes mellitus, regular use is not good.

9. Limit road use



Please minimize the amount of sugar used during processing. Because eating too much sugar confuses the glucose in the blood, causing them to increase sharply and abruptly reduce rapidly, making us more susceptible to shock, headaches and irritability .

10. Eating clean doesn't mean "completely clean"

Staying healthy doesn't mean you cut all the evenings together and enjoy barbecues, seafood or other familiar dishes. Please enjoy the cuisine according to your habits but do not forget the eating rules of science above to ensure safety for health.

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