

Anyone must have a firm grasp of these 10 eating rules

Make sure that the menu for lunch and dinner must have 50% of green vegetables. Consuming green vegetables will make you feel full longer, no longer craving. In addition, green vegetables are also good for health, adding fiber and vitamins needed to the body.

Here are rules to help you balance nutrition. And the important note is to make sure that the menu for lunch and dinner must have 50% of green vegetables. And scientists have proved that breakfast has a very important role.

1. Rule 1 for breakfast



Science has proved that breakfast plays a very important role. But to be healthy, make sure your breakfast does not consume more than 300 calories. Whether it is idli rice cake or puri bread or poha, remember one thing is to provide only enough calories.

2. Rule 2 for breakfast



Your breakfast should provide at least 10g of protein, a small amount of healthy fats and fiber. If cereals are used, whole grains should be used, refined grains should not be used.

3. Rule 1 for lunch



Make sure that lunch you consume no more than 400-500 calories. No matter what you consume, you can maintain enough calories.

4. Rule 2 for lunch



The menu for lunch must have 50% of green vegetables. Consuming green vegetables will make you feel full longer, no longer craving. In addition, green vegetables are also good for health, adding fiber and vitamins needed to the body.

5. Rule 1 for dinner



Dinner should not consume more than 400 calories. Often many people use a rule to skip breakfast, eat less at lunch and dinner, and eat a lot. That rule is really not as healthy as you think.

6. Rule 2 for dinner



Certain dinners must be 50% green vegetables (without starch), 25% of protein and whole grains.

7. Snacking rules 1



After eating the main meal for about 3 hours, you can eat snacks, such as snacks. But one thing to note is that this snack should not consume more than 100 calories.

8. Snacking rules 2



Eat light snacks such as biscuits, peanuts, . that contain healthy fats, fiber and protein so that you feel bloated and no longer have cravings.

Be careful not to use pre-processed food or canned foods.

9. Snacking rules 3



You can eat your favorite dishes, but only once a day and that dish has a caloric content not exceeding 100.

10. Snacking rules 4



If you want to eat canned food, prepared food, best every month you should eat only once.

Refer to some of the following articles:

1. Do not store these foods in the refrigerator
1. Signs of your body are missing a serious vitamin
1. Let food cool before putting it in the refrigerator, so should it or should it not?

Wish you have moments of fun!

You finished reading the article "**Anyone must have a firm grasp of these 10 eating rules**" 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.