

# Eating these 10 familiar foods at the wrong time, you will have great remorse

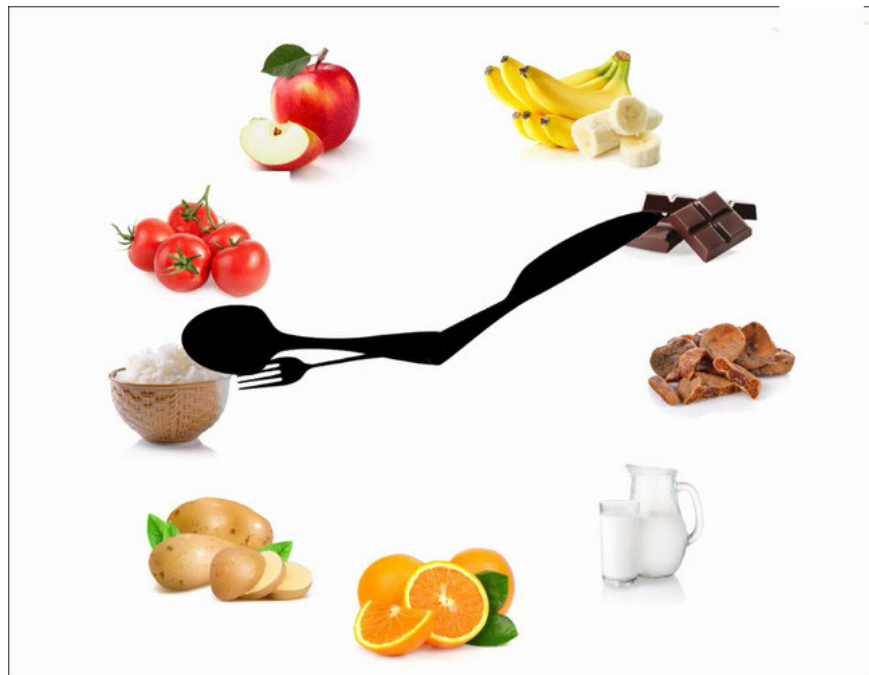
In daily life, you consume a lot of foods without knowing that if you eat at the wrong time of the day, it can lead to dangerous side effects.

In daily life, you consume a lot of **foods** without knowing that if you eat at the wrong time of the day, it can lead to dangerous side effects.

Eating science is essential because it helps stabilize your health, provide enough energy for your body's activities, and let your body's organs perform their functions well. .

So, the foods you eat every day are extremely important. Any food is dual-sided, good for health but if you eat it at the wrong time, it will be more harmful.

To know **when and should not eat** familiar foods, refer to the information below (Green - should eat, red - do not eat):



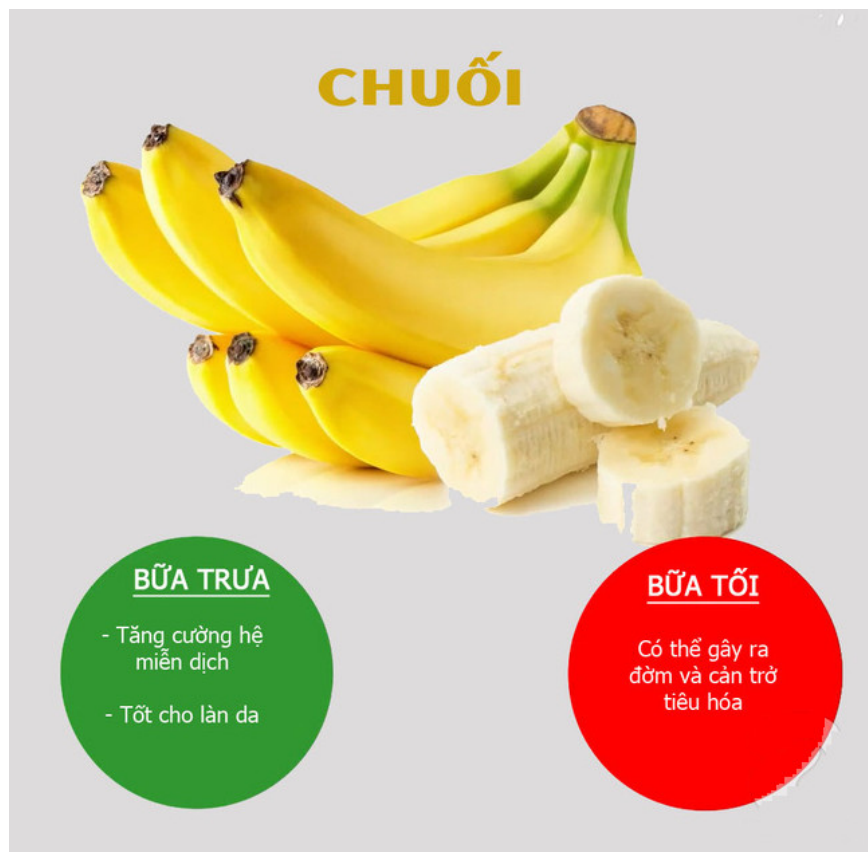
## Banana

Bananas are considered one of the particularly healthy fruits that you should eat every day. Bananas are rich in potassium and have low salt content, which helps maintain blood pressure at a stable level.

In addition, the latest study is published in the journal of the American Heart University, scientists found that just one intake of about 1,600 milligrammes of potassium for an adult daily use could be reduced by 1 / 5 risk of stroke.

In addition, **eating bananas has many** other health benefits such as: Promoting good mood thanks to the rich amount of vitamin B; Good for digestion, laxative, reduce heartburn; Improve the flexibility of the brain; Reduce stress; Repel the risk of stroke .

### **Time should and should not eat bananas:**



## **Apple**

Like bananas, apples are also fruits you should eat every day. Apples are rich in soluble fiber, so they are used to **reduce intestinal** diseases such as diverticulitis, constipation, hemorrhoids .

High pectin content in apples can reduce cholesterol levels, help lose weight. According to a study from Brazil, women who eat an apple before each meal will lose 33% more weight than women who do not eat apples.

### **The time should and should not eat apples:**



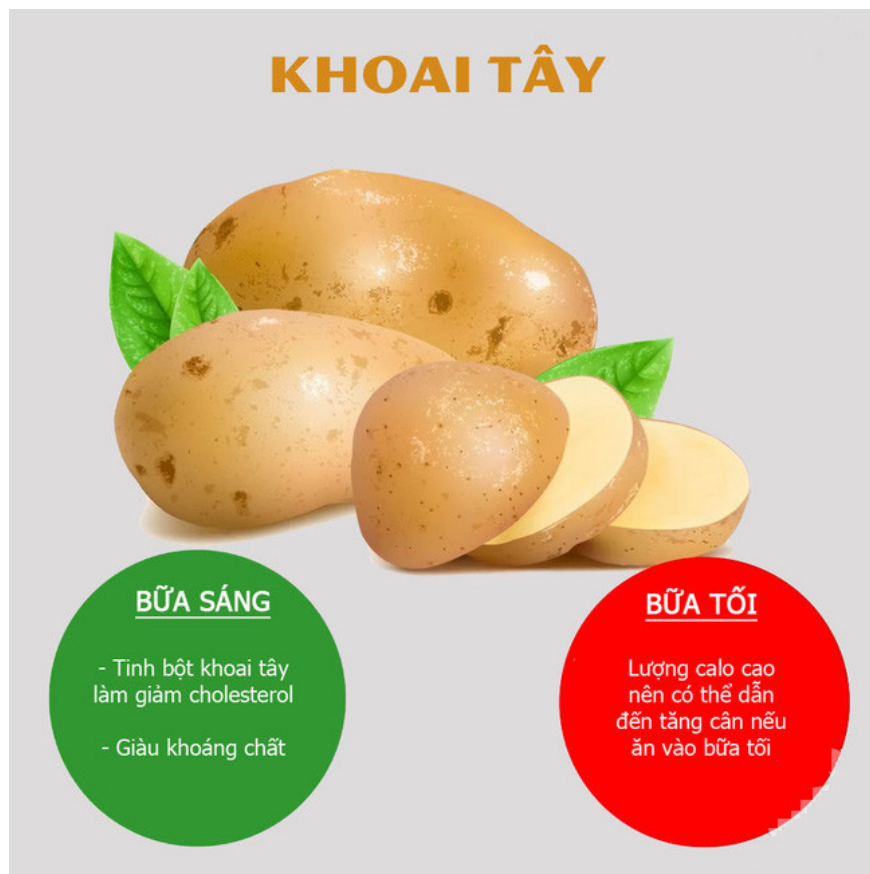
## Potato

Potatoes are foods that contain a lot of vitamins A, C, B . and minerals like phosphorus, calcium, iron and potassium. In addition, potatoes are rich in fiber and protein.

As a result, consuming potatoes at the right time will probably reduce stress, improve morale, fight depression, prevent cancer, reduce the risk of constipation .

Scientists at Manchester University (UK) found that potatoes contain unique **antibacterial molecules** that can help treat stomach ulcers and help prevent the growth of resident bacteria. in the stomach causes stomach ulcers and heartburn.

**Time should and should not eat potatoes:**



## Milk

Milk is the favorite drink of many people. Not only is calcium rich in teeth, strong bones, strong hair, nails, and toenails, but milk also helps develop muscle thanks to its rich protein and skin beauty.

According to many proven studies, women who drink milk daily can lose more weight than those who do not drink milk.

**Time should and should not drink milk:**



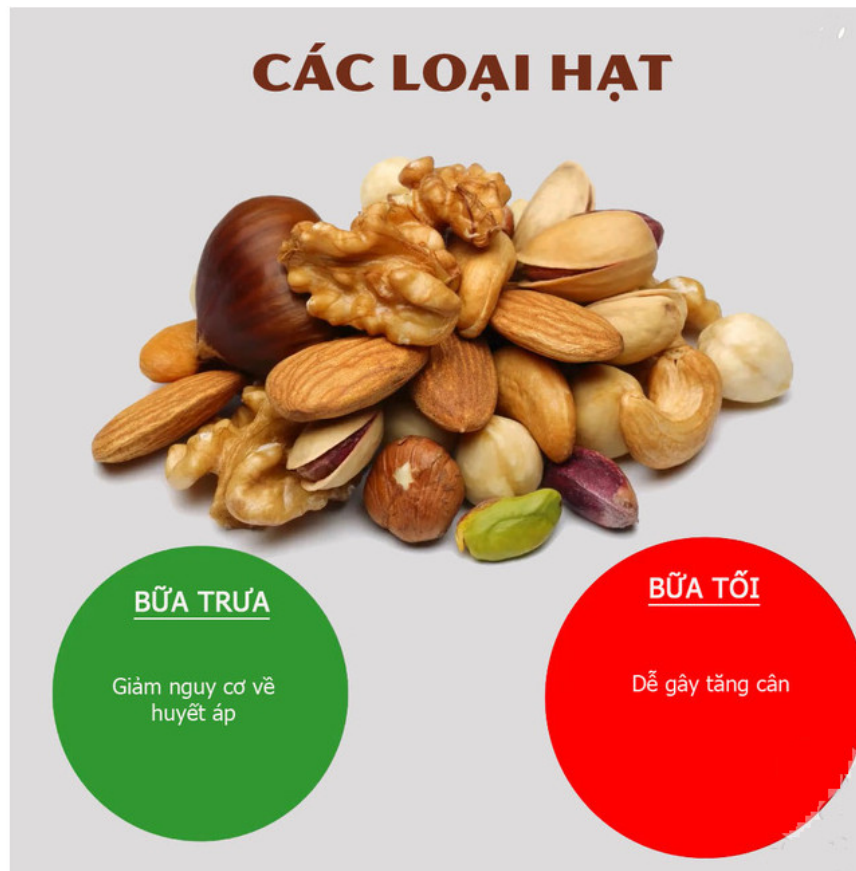
## Nuts

Chestnuts, almonds, walnuts . are nuts with many minerals and trace elements that are good for health, especially for the cardiovascular system.

According to the Marshall - Virginie University's research results, these nuts contain omega-3, antioxidants, so if consumed daily, it will **prevent breast cancer** .

Not only that, thanks to the rich fiber, protein and fat ingredients, consuming nuts also helps to lose weight, prevent diabetes .

**The time should and should not consume nuts:**

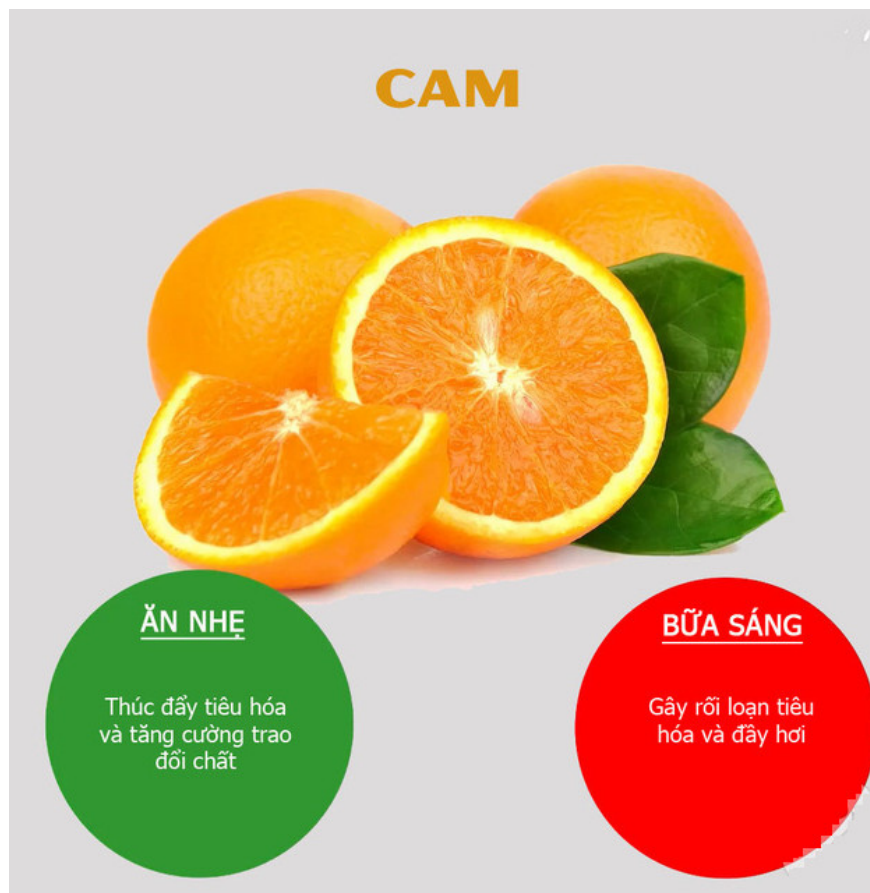


## Oranges

You always know oranges are fruits rich in nutrients such as Vitamin C, fiber, folate, antioxidants but very low in calories and sugar .

So you also need to know that eating oranges will have many health benefits such as: Keep your kidneys healthy, anti-aging, heart-healthy, anti-inflammatory, prevent constipation, **lose weight and prevent cancer** . .

**Time should and should not eat oranges:**

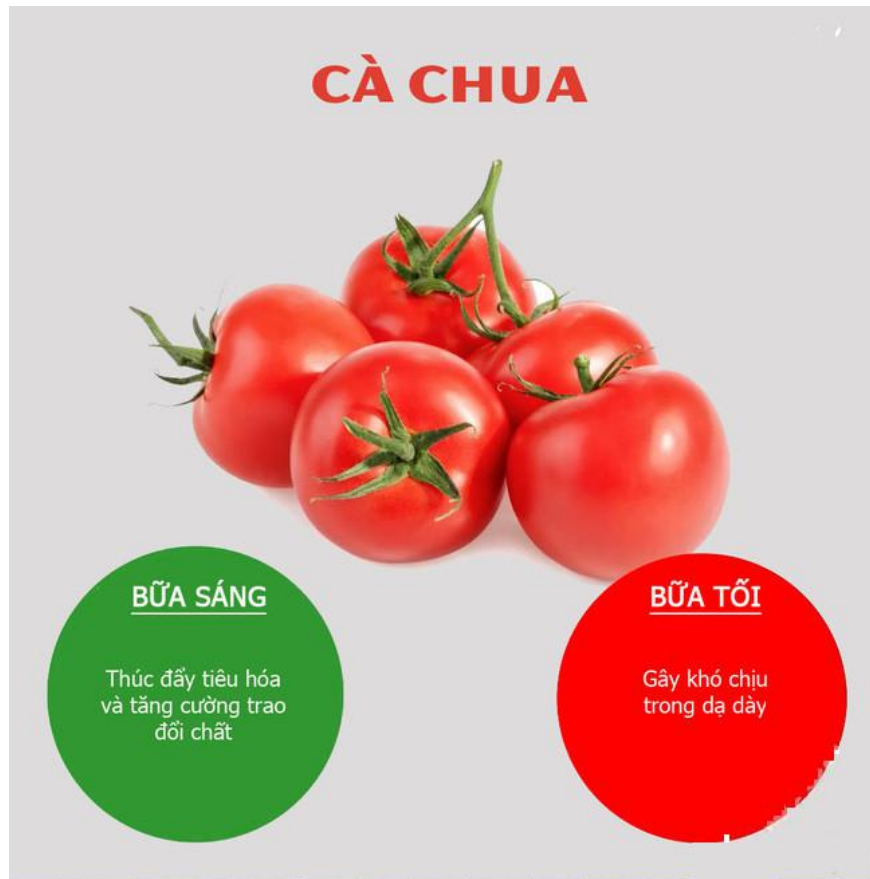


## Tomato

Tomatoes are dubbed a **nutritional plant** because it provides a lot of healthy ingredients, including rich in vitamins A, C, K, vitamin B6, potassium, folate, thiamin, magnesium, niacin, copper and phosphorus .

If you eat tomatoes every day, make sure you get practical health values ??such as: Improve eyesight, beautify the skin, reduce blood sugar, promote sleep, make bones strong, anti-inflammatory , cancer prevention .

**Tomato should and should not eat tomatoes:**



## Rice

This is an indispensable food in the daily life of Vietnamese people, but did you know that eating a lot of rice at the wrong time will cause weight gain because it contains a lot of carbohydrates that produce more energy.

**Time should and should not eat rice:**



# CƠM

CureJoy

## BỮA TRƯA

Đây là thời điểm cần nhiều năng lượng cho sự trao đổi chất nên ăn cơm sẽ giúp tiêu thụ carb tốt hơn

## BỮA TỐI

Dễ dẫn đến tăng cân nếu ăn nhiều

## **Figs and peaches**

Few people pay attention to the benefits of figs and peaches. In fact, these are fruits that are not only used for eating, but can also be used as medicine.

Some benefits of figs: Lower blood pressure, good for the digestive system, preventing osteoporosis, preventing diabetes and cancer .

Some benefits of peaches: Peaches are rich in vitamins A, B, C, potassium and many other nutrients. Thanks to these vitamins and minerals, peaches are considered to improve skin and limit cancer cells, regulate intestinal motility - avoid constipation, prevent the proliferation of bacteria in the muscle. can .

**Time should and should not eat these two fruits:**

## QUẢ SUNG VÀ ĐÀO



### BỮA SÁNG

Thúc đẩy sự trao đổi  
chất và làm ấm hệ  
thống tiêu hóa

### BỮA TỐI

Gây rối loạn tiêu  
hóa và đầy hơi

## Cheese

In terms of medicine, cheese is not only satisfying the taste but also very beneficial for health.

Cheese contains a large amount of protein, fat, calcium, vitamins and minerals. According to nutrition experts, cheese is an excellent food source capable of **supporting weight loss process** .

In addition, in the "gathering" cheese, the group of vitamins B, calcium helps the skin increase its elasticity, reduce aging, healthy and smooth and enhance bone health .

**The time should and should not eat cheese:**

## PHO MÁT



### BỮA SÁNG

Tiêu thụ vừa phải sẽ ngừa tăng cân và đầy bụng

### BỮA TỐI

Khi tiêu hóa, có thể dẫn đến rối loạn tiêu hóa và tăng mỡ

You finished reading the article "**Eating these 10 familiar foods at the wrong time, you will have great remorse**" 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.