

To stay healthy by eating, you must adhere to the formula '4 less, 4 more'

This 4-to-4, 4-little formula is the key to eating right, balanced.

1. Signs of lack of vitamin B12 should be checked immediately to better protect health
2. The five habits that young people need to quit immediately to prove "goldfish brain" does not cause serious harm to health
3. Older people should eat butter every day to enhance their eyes and memory health

We are often advised that, in order to take care of your health, the diet needs to be moderated. However, many people do not know how to apply this advice properly to maintain their health.

According to recent studies, our bodies, when entering the age after 40 health decline very quickly, now many dangerous diseases can break out, many of which are chronic diseases. , can last up to the end of life.



Therefore, to avoid these dangers for health, the first thing you need to do is to change the regime of living in a more positive and scientific way so that health is not threatened.

Men after 40 years of age, life and work with increasing pressure, are very susceptible to kidney diseases, beer belly, obesity, stomach and lungs.

Women after the age of 40 are at a high risk of developing cancer, especially with regard to ovarian, uterine and breast cancer.

So in order to avoid bad conditions that happen to the body, we need to pay attention to strengthening physical training, health care and proper diet from now on.

What is a reasonable diet? The following article will offer "4, 4, 4 little" diets for you to consult and change your habits in a timely manner, ensuring your body maintains good health.

The "4 little" recipe is memorable

1. Eat less energy



Increased age means that the functions on the body are decreasing. With increasing age, the body will appear to decline at different rates, the consumption of calories will reduce, reduce digestion and protein absorption.

So, in older people, limit the intake of calorie-rich foods, instead increase your vegetables, fruits and eggs so your body has enough protein and vitamins to meet your daily activities.

2. Eat less salt



Most people after 40 taste buds start to change, they often prefer to eat salty and tend to add salt to dishes when cooking.

If this habit is maintained for a long time, it can affect body health such as high blood pressure, stroke and cardiovascular disease.

3. Eat less fat



Excessive use of oil and grease, in food processing is also the cause of cardiovascular diseases, seriously affecting health, especially the elderly.

When the body is supplied with too much cholesterol, it can easily lead to dangerous diseases such as sclerosis and blockage of the blood vessels, which in turn can cause a range of related diseases, most notably stuffing. Myocardial blood and coronary artery disease.

4. Eat less sugar



In addition to the above foods, sugar is also one of the foods that experts recommend that we should limit use.

Eating too much sugar can cause pancreatic dysfunction. Excess sugar can lead to obesity, increasing the burden on the pancreas, quickly causing diabetes.

The "4 lot" formula should not be ignored

1. Eat lots of fiber



Adding fiber to a daily diet for older people is a way to prevent constipation.

When the amount of cellulose is supplied to the body, it not only helps prevent constipation, but also prevents digestive diseases, high blood pressure, arteriosclerosis and diabetes.

2. Eat more Calcium



Many people often think that only young children need to provide calcium to develop height. And adults don't need it. This is completely inaccurate, because after the age of 40 our bodies begin to fall short of calcium, leading to osteoporosis, which greatly affects our lives. So providing calcium with calcium-rich and easily absorbed foods such as cow's milk, soybeans, sesame, shrimp, fish, crabs, oysters, seaweed, black-eared wood . is a way to protect health. .

These foods both work in preventing osteoporosis, and can prevent anemia, ensuring strong bones and slowing the aging process.

3. Eat more iodine



Entering middle age, if lack of iodine in the body, it can lead to thyroid disease, mainly impaired thyroid function and related organs, thereby reducing metabolism, affecting to fat breakdown, leading to obesity.

Iodine does not need too much, but you have to pay attention to it, because if it is too short, it is dangerous to health. In addition to the amount of iodine added to salt, natural low-volume foods such as seaweed, sea fish, sea snail, crab, potatoes, eggs, spinach .

4. Drink plenty of water



In addition to providing food for the body, water is also an important factor, affecting its health. When the body turns 40, thirsty feelings begin to decline, so many people do not feel thirsty. This inadvertently makes you fall into the "forget" drinking water that the body does not "prompt" you to drink.

So, every day we schedule a reminder to provide adequate body water. Every 2 hours you should add water. Lack of water will lead to bad effects on the body and health.

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