

# Warning signs of your body eating too little vegetables

Eating less vegetables and fruits, the body will consume inadequate fiber, causing many health consequences.

Vegetables and fruits are very good foods that provide the body with a generous amount of vitamins and fiber. But when the body lacks these substances, you face diseases like cardiovascular disease, cancer and the risk of weight gain .

According to Webmd, manifestations of low vegetable and fruit diets are often unclear. However, there are 5 important warning signs you need to monitor:

## 1. Constipation



In 1 week if you go to the toilet less than 3 times, when you go dry and hard, you may have constipation. The cause of constipation may be because you eat too little vegetables, fruits or you may practice too little exercise. Besides, some medicines or supplements are also responsible for this situation.

**To prevent constipation :** The first thing you need to pay attention to is a daily diet, increase your fiber-rich foods like apples, carrots, cauliflower or whole grains. . Increasing fiber can make your bowel movement easier, the stool will soften and prevent constipation effectively. Be aware of the gradual addition of fiber to your body to use them, and learn how to drink enough water every day, exercise regularly.

## 2. Weight gain



Providing fiber to your body helps you feel faster and fuller. If you finish eating and you don't feel full, you always feel hungry, you may eat too few vegetables and eat unhealthy foods, especially fat meat. This makes your body easier to gain weight.

**Prevention** : Every day at every meal, set yourself a goal that can be achieved by providing 25-35g of fiber a day with fresh fruits, seasonal vegetables and cereals. whole grain. Choose the fiber-rich food you like.

## 3. Change blood sugar



If you have diabetes and find it difficult to control blood sugar, talk to your doctor. It is possible that the diet does not provide the necessary amount of fiber.

**Prevention** : Fiber slows the absorption of sugar, helping you control blood sugar. So, add fresh foods, beans, brown rice and other high-fiber foods to your daily diet. Talk to your doctor about any changes in diabetes control.

#### **4. You are always tired**



Your body always gets tired and doesn't understand the cause, so check your diet. You need to know that vegetables and fruits provide all the nutrients needed to boost our energy.

**How to prevent** : During each meal, strengthen the dark green vegetables for the body and vitamins, mineral-rich whole grains and fruits. Limit foods that are unhealthy for your health.

#### **5. The body is easily bruised**



Just a small touch or scratch, it also makes your pain bruise and aches more than usual. This is because you're eating too little vegetables. According to experts, the lack of vitamin C can cause bruising worse than usual because this vitamin helps produce collagen. Lack of vitamin C, blood vessels are more vulnerable.

So to help your body stay healthy, strengthen your vegetables and fruits, helping your body prevent disease.

Wish you happy!

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