

Are You Actually Following a Healthy Eating Plan?

Do you know what healthy eating means? If there is one thing that needs to be emphasized in the modern world of diet plans and rigorous exercise routines it is this - healthy eating means that there are no "extremes" and no deprivation. This means that a healthy person will eat all of the major food groups and will not ever deprive their body of the substances it needs in order to operate at optimal levels.

For example, there are many people who have intolerances to gluten or to lactose. This means that in order for them to follow a plan of healthy eating they will need to avoid foods containing these substances. This does not mean, however, that a person with gluten intolerance cannot eat grains, or carbohydrates for that matter. It simply means that they must choose from the amazing array of alternatives available. The same can be said of someone with lactose intolerance. They too will have a hefty range of alternatives to dairy products, and they will never have to deprive themselves of the calcium and vitamins contained in them.

Millions of people are well aware of the "Food Pyramid" system which indicates the amounts of food that should be consumed from the various food groups each day. This is not as complicated as it might at first appear, and almost any healthy eating plan can actually follow the guidelines.

Consider that there is an emphasis on vegetables, with dark green vegetables being the preferred choice. There is also the need for grains that might include rice and pasta just as much as breads. There is also a fruits category, but this also emphasizes the need to limit the consumption of juices as they can be full of sugar and artificial ingredients. There are categories for oils, milk and dairy, and meats and beans too.

If you assess any sort of diet it must include at least a few servings of the essential foods each day. This is because the body requires them to function, and this even means it requires certain foods if someone is determined to lose weight. For example, if you deprive the body of certain fatty acids it might not allow weight loss to proceed at the natural speed. If the body doesn't receive carbohydrates it might actually begin to store fat because it is being tricked into believing that starvation may be occurring. This will actually cause the phenomenon known as "boomerang" because it will allow the individual to gain weight easily once they consume normal amounts of carbohydrates at any point in the future! These are all reasons to avoid extremes in dieting and eating plans.

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