Information on Healthy Eating Recipes

Cookbooks are a great source of healthy eating recipes. A popular recipe book on this subject is "Quick & Healthy Recipes and Ideas" by Brenda Ponichtera and sells about $13

Here you will find over 200 healthy eating recipes that reduce the amount of calories and fat you eat but add nutritional value to the food and take almost no time to prepare.

In order to prolong life, stay healthy and slow down anti aging effects, fresh fruits and vegetables are recommended along with legumes, grains and lentils.

Healthy eating recipes are good for you because they prevent certain diseases like cardiovascular diseases and certain types of cancers

In preparation to follow a recipe, remember to inspect and read labels on packages before buying the food. This is the most important aspect of preparing a healthy eating recipe.

Watch closely for the following information -

"   Serving size - eating more of less than the serving size and you have to adjust the content of the various nutrients

"   Saturated and trans fat make up the total amount of fat in a food. Where possible buy foods with zero saturated fat as this is the unhealthy fat that affects cholesterol and results in heart disease. Look for foods that contain unsaturated fat is this is the healthier choice.

"   Sodium is often present in many foods, but is known to create problems with blood pressure. Buy foods with as low of a sodium content as possible. Use less than 5% sodium as a good food guideline.

"   Fibre is a good thing to have in a food as it promotes a healthy heart. Stay away from foods with no fibre.

A sample healthy eating recipe should be about 1800 calories and should contain foods from all four food groups - vegetables and fruit - grain products - milk and alternatives - meat and alternatives.

Where possible -

"   Emphasize the use of cereals, breads and other grain products, vegetables and fruits.

"   Choose low-fat dairy products, lean meats and foods prepared with little or no fat.

"   Limit salt, alcohol and caffeine.

Healthy eating recipes are easier then you think. If you read everything you find on the subject, it won't take long for you to become an influential authority.

About the Author

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