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Healthy Eating Tips

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Many weight and malnutrition problems are caused by failure of a healthy eating diet. One of the best ways to avoid not only sickness and diseases but to enjoy a better quality of life is through a healthy diet. There are supplements that you can add to your diet that help a lot. [MCT oil](#) is one great product that can be added to your food.

Here are healthy eating tips to help with your daily life.

1. **Do Not Skip Meals.**
Eat three meals daily, each containing protein, fat, & carbohydrates. Breakfast is the most important meal of the day.
2. **Start your Meals with Plenty of Protein.**
Fish, chicken, beef, tofu, turkey, eggs, among other foods. Twenty grams or more of protein will reduce your interest in empty carbohydrates and make you more alert.
3. **Eat Unlimited Amounts of Vegetables.**
(green, red, yellow or orange).
4. **Avoid Empty Calories, Sugary Snacks.**
Choose nuts (almonds, pecans, walnuts), seeds or a small piece of cheese.
5. **Include healthy fats with each meal**
Flax, olive, or expeller-pressed canola oil, nuts and seeds. Slices of avocado.
6. **Avoid Processed food.**
If it comes in a box or a can the food is likely unhealthy for you.

More on healthy food and drink consumption

Consuming Diet Drinks can lead to weight gain and water retention..

Consumption of diet sodas or other beverages containing ASPARTAME can cause water retention and/or increased craving for carbohydrates. [Nutrasweet \(aspartame\)](#) is 180 times sweeter than sugar. It is well known in clinical nutrition circles that sugar is highly addictive. Imagine a food additive 180 times more addictive than sugar!

When sweet taste stimulates the tongue, the brain reacts to sweet taste – known as “cephalic phase response”. Insulin levels rise in the blood to prepare for acceptance of new energy.. *sugar..* from outside.

However, if the sweet taste is not followed by real nutrient availability, appetite is enhanced, especially for carbohydrate foods.

Additionally, sweet taste without calories still causes a rise in blood insulin levels – for up to 90 minutes following consumption of the beverage or food. The extraordinary research on insulin resistance and diabetes by Gerald Reaven M.D., PhD at Stanford identified the water retaining nature of insulin. He noted that when insulin levels in the blood remain high, the kidneys treat the insulin as it would sodium and causes the body **to retain water**.

Additionally, Aspartame breaks down into methanol (a neurotoxin) and diketopeiperizine (which can cause brain tumors).

Take away tip: Stick with water