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Weight Control & Health - From What You Eat.pdf

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Weight Control & Health - From What You Eat

Carbohydrates are an essential part of our diets and our bodies need them to survive. Carbohydrates provide fuel for some of the body's most vital organs such as the kidneys and the brain fuel that is essential for them to function. Weight gain happens when you consume too many calories that you don't burn off it doesn't matter if those calories come from carbs fat or protein.

Snacking is actually a good way to help you lose weight because it gives the metabolism a boost between meals and thus promotes a faster calorie burn rate. The problem is that most people identify the word 'snack' with unhealthy food like potato chips chocolates and pastries. Instead when you feel the need for a snack try some fruit or a salad. It will fill the hole in your stomach till the next mealtime AND help your burn away more calories.

This is a total myth and is often used as an excuse not to try something healthier. If you take a convenient pre packed ready meal crammed with trans fats and salt and compare it to buying the fresh ingredients and making it yourself you will find that the ready meal is not only more unhealthy but more expensive too. Making a meal from scratch may seem like a lot of work but it is ultimately worth it because you control what goes into it and it won't break the bank.

There are laws in most western countries that stipulate what manufacturers can put on food labels but there are always crafty ways of misleading people into thinking something is more healthy than it is. A label that says 'Reduced Fat' may well mean there is less fat than the alternative but it does not automatically make that product healthy. It could still contain relatively high amounts of fat salt and sugar.

https://worldhealthreviews.com/zenith-labs-omega-3-7-9-krill-review