

Healthy Eating With Organic cooking

Brought to you by: Ely Shemer

***Give Me 20 Minutes and I'll Give You a Master's
Course In Organic Cooking! <http://tinyurl.com/7qar5l>***

1. Becoming A Healthy Eater

2. The Healthiest Foods You Can Get

3. Tips For Healthy Eating

1. Becoming A Healthy Eater

Being a healthy eater requires you to become both educated and smart about what healthy eating actually is. Being food smart isn't about learning to calculate grams or fat, or is it about studying labels and counting calories.

Healthy eating is all about balanced and moderate eating, consisting of healthy meals at least three times per day. Healthy eaters eat many different types of foods, not limiting themselves to one specific food type or food group.

Eating healthy requires quite a bit of leeway. You might eat too much or not enough, consume foods that are sometimes more or less nutritious. However, you should always fuel your body and your brain regularly with enough food to keep both your mind and body strong and alert.

A healthy eater is a good problem solver. Healthy eaters have learned to take care of themselves and their eating with sound judgment and making wise decisions. Healthy eaters are always aware of what they eat, and know the effect that it will have on their bodies.

When someone is unable to take control of their eating, they are also likely to get out of control with other aspects of life as well. They could end up spending too much, talking too much, and even going to bed later and later.

You should always remember that restricting food in any way is always a bad thing. Healthy eating is a way of life, something that you can do to enhance your body or your lifestyle. If you've thought about making your life better, healthy eating is just the place to start. You'll make life easier for yourself, those around you, and even your family.

You don't need to be a chef to prepare and enjoy these delicious recipes! <http://tinyurl.com/7qar5l>

2. The Healthiest Foods You Can Get

The following is a list of the healthiest foods that you can get. This will help you get an idea as to what foods are the best for your body.

Fruits

Apricots

Apricots contain Beta-carotene, which helps to prevent radical damage and also helps to protect the eyes. A single apricot contains 17 calories, 0 fat, and one gram of fiber. You can eat them dried or soft.

Mango

A medium sized mango packs 57 MG of vitamin C, which is nearly your entire daily dose. This antioxidant will help prevent arthritis and also boost your immune system.

Cantaloupe

Cantaloupes contain 117 MG of vitamin C, which is almost twice the recommended dose. Half a melon contains 853 MG of potassium, which is nearly twice as much as a banana, which helps to lower blood pressure. Half a melon contains 97 calories, 1 gram of fat, and 2 grams of fiber.

Tomato

A tomato can help cut the risk of bladder, stomach, and colon cancers in half if you eat one daily. A tomato contains 26 calories, 0 fat, and only 1 gram of fiber.

Vegetables

Onions

An onion can help to protect against cancer. A cup of onions offers 61 calories, 0 fat, and 3 grams of fiber.

Broccoli

Broccoli can help protect against breast cancer, and it also contains a lot of vitamin C and beta-carotene. One cup of chopped broccoli contains 25 calories, 0 fat, and 3 grams of fiber.

Spinach

Spinach contains carotenoids that can help fend off macular degeneration, which is a major cause of blindness in older people. One cup contains 7 calories, 0 fat, and 1 gram of fiber.

Grains, beans, and nuts

Peanuts

Peanuts and other nuts can lower your risk of heart disease by 20 percent. One ounce contains 166 calories, 14 grams of fat, and over 2 grams of fiber.

Pinto beans

A half cup of pinto beans offers more than 25 percent of your daily folate requirement, which protects you against heart disease. Half a cup contains 103 calories, 1 gram of fat, and 6 grams of fiber.

Skim milk

Skim milk offers vitamin B2, which is important for good vision and along with Vitamin A could improve allergies. You also get calcium and vitamin D as well. One cup contains 86 calories, 0 fat, and 0 fiber.

Seafood

Salmon

All cold-water fish such as salmon, mackerel, and tuna are excellent sources of omega 3 fatty acids, which help to reduce the risk of cardiac disease. A 3 ounce portion of salmon contains 127 calories, 4 grams of fat, and 0 fiber.

Crab

Crab is a great source of vitamin B12 and immunity boosting zinc. A 3 ounce serving of crab offers 84 calories, 1 gram of fat, and 0 fiber.

It's Easier Than You Think! <http://tinyurl.com/7qar5l>

3. Tips For Healthy Eating

Healthy eating is a way of balancing the food you eat to keep your body in great health. With healthy eating, you'll have energy all day, get the vitamins and minerals you need, stay strong for activities you enjoy, and maintain a healthy weight.

Below, you'll find tips designed to help you with healthy eating.

1. Don't skip any meals

Eating 3 meals with snacks in between is the ideal way to maintain both energy and a healthy weight. When you skip meals and get hungry, you're more likely to choose foods that aren't very good for you.

If you are eating away from home, take food with you or know where you can buy healthy food from.

2. Learn about how to prepare foods

Instead of deep-frying, try grilling, stir-frying, microwaving, baking, and even boiling. You should also try fresh or even dried herbs and spices to add flavor to your food. Before you eat any type of meat, be sure to trim the fat and skin off of it.

3. Avoid a lot of sugar

Drinks that contain sugar are a major source of empty energy. What this means, is that the drinks contain a lot of energy that your body may not need, and it doesn't contain any vitamins or minerals. If you plan to drink sugary drinks, don't go overboard - limit yourself to 1 a day.

4. Avoid thinking about diets

There are no good food nor any bad foods. All food can be a part of a healthy diet, when eaten in moderation. You don't need to buy any low carb, fat free, or even diet foods, as these foods normally have lots of other added ingredients to replace the carbohydrates or fat.



Guide to **Organic Cooking**

If you have any interest at all in Organic Cooking... if you want to eat healthier and do your part to help the environment... or you are interested in growing your own organic foods... then this guide was written just for you.

The Secrets Of Cooking Like a Pro Organic Chef - Every Time!

Turns out organic cooking is not complicated once you know a few basics. In fact, it's way easier (and in most cases healthier!) than trying to cook by some crazy fad diet guidelines!

Get Your INSTANT ACCESS to the downloadable copy of "Guide to Organic Cooking" - ebook AND audio book - right now for a reduced introduction price!

Get It Now! <http://tinyurl.com/7qar5l>