

What Is A Healthy Eating Schedule?

It always happens. You get to about 4 in the afternoon and suddenly you are thinking "What should I fix for dinner tonight?" At that point, the thought of actually preparing a meal all seems a bit overwhelming. It's no wonder that the fast food restaurants and delis do such a brisk business as people are getting off work! If you really want to ensure that you are serving healthy meals for your family, you really need to organize a schedule. By setting up a healthy eating schedule you are less likely to splurge on unhealthy fast food. One of the best things you can do when organizing a healthy eating schedule is arrange to eat your meals at a set time each day. Try to include two or three balanced meals per day in your schedule. Eating at regular intervals and as part of a schedule not only helps the body's hormonal system but you will find that you are digesting your food much better as well. A well-balanced meal as part of a healthy eating schedule should include the following components:

1. Protein
2. Carbohydrates

3. Fiber

It is important that you plan the meals you will have each week as part of your healthy eating schedule. Sit down at the start of each week to plan your meals, make your shopping list, then only buy the foods on your list. You have your meals planned for the week and it is important that you keep in mind the family's schedule and arrange healthy meals around that. For example, if one night the whole family has outside activities, then arrange for everybody to sit down in the evening to something easy to prepare, such as soup and a sandwich. The whole idea of having a healthy eating schedule is to ensure that you have a small healthy meal every 2 to 3 hours. It can be either a healthy sandwich, protein shake, fruit, healthy fats, or whole grains. Unfortunately our bodies have not been designed to digest large portions of food all at once. It is much healthier to eat 5 or 6 smaller meals a day. This will help to keep your metabolism at a higher speed. A great benefit of that is that it makes it much easier to lose weight. If you want to lead a much healthier life then ensure that you include a healthy eating schedule into the equation. You will soon find that it becomes second nature to follow it.

About the Author

Nutrition facts calorie counter and calculator promotes healthy eating by telling you, in simple terms, what is good and bad about the foods you eat.

Source: <http://www.productsherbal.com>