Nine Ways to Make Healthy Eating a Habit

It takes only three weeks to form a habit, according to obesity researchers at New York Presbyterian Hospital.

That's great news for those of us who find it easier to get started with healthy lifestyle changes than to stick with them. Take one of these small behavioral changes and stick with it for three weeks. Once it becomes a habit, try another one.

1. Drink a glass of water before each meal. How hard is this one? Not only is water delicious and great for your skin, hair and digestion, but it will make you less hungry.

2. Use a few minutes of your lunch break to take a brisk walk each day. Most people who get into the habit of a daily walk

Replace unhealthy snacks with nutritious snacks. What's your favorite daily indulgence? The afternoon cookie? The evening ice cream? Don't give up everything at once. Just pick one high-fat, high-calorie snack and replace it with a delicious, high-nutrition alternative.

5. Replace one brown food or snack each day with a green food. Brown foods are typically meats, breads and pastries, potatoes, chips, and crackers. Green foods are steamed vegetables or raw greens.

6. Eat something red, purple, orange, yellow, and green each day. Most people are surprised at how monochromatic their diet is. Try it for one day and you'll find yourself saying things like, "Wow, I definitely don't eat enough purples!" Eating a rainbow is the easiest way to get more vitamins and minerals into your diet.

7. Replace baked goods made with white flour with whole-grain versions. Sandwich bread, hamburger buns, crackers, cookies, bagels

The more fiber, the better.

8. Don't eat after 6 p.m. Studies show that the easiest way to lose weight is to not eat at night. Sip hot herbal tea or seltzer water with lemon wedges in the evening after your meal.

9. Double the time it takes you to eat a meal or snack. It takes most people ten minutes to eat a meal. Set a timer for twenty minutes and make your meal

What kind of material is in the end? Make people confused the issue for a long time. Cornell University biochemist Samuna chemist with the Rockefeller Institute of Experimental opened through the veil of enzyme, and therefore shared the 1946 Nobel Prize in Chemistry.

Enzymes are biological catalysts in the ability of a protein is a life of catalyst. Catalyst to accelerate the chemical reaction, and its own volume and chemical nature of the chemical reaction does not change.

All of the elements are composed of many amino acid molecules of protein polymers, the molecular weight of 10,000 to 100 million. Natural enzyme molecules with a simple combination of two types of enzyme, the former elements containing only protein, the latter elements, in addition to protein-protein, also contains elements, and some also contain metal ions. Elements of the non-protein component known as a result of secondary, secondary and protein because of the combination of all of that. The combination of enzyme, can be exercised only by the whole enzyme function.

Efficient catalytic ability. Enzymes make the speed of the chemical reaction of the 6-th 10n

A person eating two hamburgers felt after eating a full stomach. However, a few hours and not feel hungry. Two hamburgers inside the starch, fat and protein Where? They are digested lost. They enzyme catalyzed into simple organic molecules absorbed by the intestinal wall. Participate in the chemical reaction is the main enzyme amylase, lipase and protease. Did not participate in the activities of these enzymes, hamburgers or hamburger may not change what happened. This is the magic of the function.

A high degree of specificity. An enzyme catalysis only a chemical reaction. So far, the nature of the enzyme found in approximately 3,000 kinds, which catalyzed chemical reaction also about 3,000 kinds. Only an enzyme controlling and regulating a chemical reaction. A person suffering from dyspepsia disease, probably caused by the lack of pepsin, eat medicinal pepsin that can be treated.

Biodistribution of different functional properties of enzymes, and therefore have different living habits, such as donkeys, horses, cattle, sheep grass for food, jackal, wolf, tiger, leopard has to raise for meat. The same individual in different biological tissue and organ function there are also distinct characteristics of the enzyme. There are all kinds of digestive tract digestive enzymes to help digest and absorb nutrients; liver enzyme can synthesize protein, fat and glycogen, but also the removal of the poison; various glands in the regulation of metabolic enzyme to the various hormones, even men and women of the levy, parenthood also depends on the participation of enzyme.

Sensitive. Enzyme very sensitive to external conditions, it is unstable. High temperature, strong acid, alkali and some heavy metal ions will lead the loss of enzyme activity, non-functional enzyme generally difficult to preserve, not to bring about wider use of small difficulties.

According to the functional enzyme, the enzyme is usually divided into: (1) oxidoreductases-oxidase and two dehydrogenase. In the body involved in production, detoxification and physiological activity of certain synthetic substances. (2) transfer of enzymes. Participate in nucleic acid, protein, sugar and fat metabolism and synthesis. (3) hydrolases. Such enzyme-catalyzed hydrolysis reaction to a simple organic macromolecules hydrolysis of small molecular compounds. For example, lipase-catalyzed hydrolysis of fat into glycerol and fatty acids. Is the most widely applied human enzymes. (4) categories such lyase enzyme complex compounds can decomposed into several compounds. (5) isomerase specifically with the heterogeneous catalytic conversion between compounds, elements within the group to rearrange. For example, glucose and fructose is the same isomer, in the presence of glucose isomerase, between glucose and fructose can be transformed into each other. (6) synthesis enzymes. Such enzyme so that two or more substances compounded from the life of the new material.

Many of the law constitute an enzyme systems, controlling and regulating the complex life of metabolism. Early enzyme engineering technology major from animals, plants, micro-organisms material extraction, separation, purification produces enzymes, and used chemical, food and pharmaceutical industries. 70 s, the enzyme immobilization technology have made a breakthrough, the immobilized enzyme, immobilized cells, bioreactor and biological sensors enzyme engineering technology speedy application. With the third generation of the birth of enzyme preparation, the application of enzyme engineering techniques to produce chemical products and medical supplies, and in the detection of chemical, environmental protection and other fields of the effective application of the enzyme engineering technology industries in the level of modern biotechnology field the top, and is working with genetic engineering, cell engineering and integration of microbial engineering, is very cost-effective form a new industry categories.

About the Author

From www.hitchedmag.com:

The digestion that began in the mouth and stomach continues in the small intestine. But for the first time since Lexie took a bite of hamburger.

An achlorhydric subject after a hamburger meal. This is in agreement with previous. has an important role in starch digestion in the small. intestine.

Gastric juice is needed mainly for the digestion of protein by pepsin. If a hamburger and bun reach the stomach, there is no need for extra gastric.

This grinding action breaks the large pieces of hamburger and bun into smaller. watery secretion containing digestive enzymes, begins.

Human digestive system. To begin, of course, the hamburger must enter. the mouth. Teeth in the mouth provide mechanical digestion. The meat.

Process of Digestion and Absorption after eating a hamburger. After someone eats a hamburger with the works, they do not really think of what nutrients.

Mastication increases the efficiency of digestion because digestive enzymes will act on molecules at the surface of the hamburger.

A little guilty about breaking my diet, but half a hamburger digesting just fine, and will not turn the future Missus Hamburger.