

The Ultimate Diet Foods

With all the toxicities modern life brings, people should be more careful in watching their total health and well-being. And, with the growing numbers of people who suffer from weight problems, people should be more vigilant in keeping up with a healthy lifestyle. WE ARE WHAT WE EAT Time and again, nutrition experts say that there are two major keys that lead to a healthy diet—these include eating the right amount of food depending on the person's need and lifestyle and eating a range of foods to ensure that the person gets balanced diet. And since food and eating properly contribute so much to a healthy diet, people should focus more on considering the food their body needs especially on a diet. Experts remind that diet foods should contain the necessary vitamins and minerals that are quite essential for weight control and metabolism. These diet foods should include Vitamins B2, B3, B5, B6, Vitamin C, choline, inositol, chromium, manganese, and zinc. Here is a partial list of some of nutritious diet foods that can be taken by people who are on a diet plan or diet program.

1. Fruits. Studies show that the perfect diet food out there includes a wide range of fruits. Aside from being an all-natural product, fruits are low in calories, rich in dietary fiber that helps boost satiety, and satisfies a person's sweet tooth without worrying about weight gain. Containing all the nutrients and vitamins it has, fruits are an ideal diet food for those who are into losing weight or weight reduction and those who are striving to maintain their weight. Other nutritional benefits of fruit include the prevention of vitamin deficiency, a rich source of dietary fiber and rich in folate.
2. Vegetables. Just like fruits, vegetables are also considered perfect diet foods especially for those who are controlling their weight control. Aside from being low in calorie-content, high in dietary fiber, and full of dietary nutrients that help maintain efficient metabolism, veggies—in various preparations—also make good and appetizing snacks. Aside from being a rich source of important vitamins and minerals such as vitamin B-complex micronutrients, vitamins C, E and K that combat vitamin deficiency, vegetables are also excellent sources of the protective plant micronutrient called "phytochemicals." Having vegetables as diet food also lowers the risk of heart disease, cancers, and high blood pressure while protecting the body from having illnesses caused by muscle degeneration.
3. Grains. Whole grains have a long history of being an effective diet food for excellent weight management. Aside from their high energy content, carbohydrate-rich grains especially whole grains are rich in dietary fiber and a useful source of dietary nutrients that help metabolism.
4. Meats. Lean red meats or lean chicken/turkey meats, and fish are also ideal diet food because these are rich in protein, essential minerals and vitamins, and micronutrients for excellent metabolism.
5. Nuts and seeds. Although these are not high in calorie-content, nuts and seeds are great diet foods because these satisfy the dieter's appetite especially if consumed during snacks. These also make for a good diet food because they contain large amounts of vitamins, minerals, and dietary fiber for good metabolism.

About the Author

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