

Published based on [Managing Your Healthy Diet By Eating Natural Food](#)

Managing Your Healthy Diet By Eating Natural Food

Numerous studies have shown that hitting the gym (or even just walking!) 3-5 days each week considerably reduces the risk of heart disease, obesity, cancer and many other health problems.

Arthur Agatston MD, creator of the South Beach Diet states, "Research continues to demonstrate that being physically active and eating a nutritious diet of primarily whole foods that are filling and satisfying can enable people to control weight, lower blood pressure and cholesterol levels, reduce risk of diabetes, heart disease and Alzheimer's disease, and basically protect against chronic diseases."

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Losing weight begins with a good breakfast. This is a message Americans are told from childhood through educational campaigns, commercials and from their parents. Many people lose this basic lesson amid the hustle and bustle of a busy day.

One study of 4,218 adults found that women who ate breakfast were more likely to have a body mass index less than 25, which puts them in the healthy weight category.

Additionally, it was discovered that women who had at least one serving of whole grains each day weighed less and had slimmer waistlines. Cereal is one of the best ways to start the day, particularly ones that offer 5 grams of fiber per serving. Try Nature's Path, Kashi and Barbara's Bakery as these are all nutrient-packed cereals.

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Add skim milk and fruit, then enjoy the health benefits of protein, complex carbohydrates, calcium, antioxidants and fiber. Eggs are a healthy breakfast too. The protein makes you feel full longer and keeps blood sugar at an even keel all day long.

Losing weight at lunch takes a ten-minute change. While quick-and-easy cafeteria food or pizza Fridays may seem ideal during a hectic day of work, studies show that those who bring food from home generally bring healthy foods, smaller portions, slightly less calories and foods packed with more nutrients, healthy fats, protein and fiber from natural foods .

A glass of wine and a square of dark chocolate can even be added. By eating a "poly-meal," or a collection of foods, researchers say heart disease risk can be lowered as much as 76%.

Healthy snacking keeps metabolic rate up and calories burning all day long. Fresh fruit, nuts, seeds, dried fruit, whole grain bread, diced peppers, carrots, broccoli and dip, yogurt, raisins and granola all make healthy snack foods.

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Some people recognize the value of eating healthy whole foods but still want to try a [diet](#) to jumpstart their weight loss. The Mediterranean Diet is a highly regarded option that emphasizes healthy eating patterns. The Mediterranean substitutes fresh local ingredients for processed foods increasing health and endurance.

Most meals include lots of vegetables, fruits, nuts, seeds, beans, olive oil, whole grains, pasta and cereals. This diet recommends smaller portions but still offers fish, poultry, eggs and low-fat dairy. A glass of red wine is usually served with lunch or dinner as well, which has proven heart health benefits.

The good thing about the Mediterranean Diet is that it provides protection against cancer, heart disease, [obesity](#), type 2 diabetes, stroke, Alzheimer's and other chronic diseases, thanks to all the micro-nutrients, antioxidants, vitamins and minerals.

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