

# Healthy Eating

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## TIPS FOR EATING HEALTHIER

Eating healthy is not always the easiest thing to do. Often, we find ourselves in a time crunch and cannot find the time to make something that is healthy to eat, or we don't have any motivation at all. These quick and easy helpful tips will show you just how easy it can be to eat healthier.

### *Drink Lots of Water*

Every person is made up of roughly 70% water, which is why replacing soda with water in your daily routine is important. Every single one of the cells in the human need water so it is important to replenish them as the day goes on. You should drink around 8 to 10 glasses of water a day to stay hydrated enough for your body to function the way it needs to. Drinking more water can also help with acne.



### *Cutting Down on Saturated Fats*

Saturated fats are in a lot of foods that we eat, but what are they? Saturated fats can increase your body's cholesterol levels. Some common saturated fats we see every day are butter, cheese, and desserts. It is important to start adding more unsaturated fats into your diet such as fruits and vegetables. Instead of using butter to butter pans try using a little bit of vegetable oil.



Image Source: <https://www.heart.org/>

### *Don't Skip Breakfast*

In the morning a lot of people skip breakfast, but they don't call it the most important meal of the day for nothing! While some people believe that skipping breakfast in the morning will help you lose weight, eating breakfast actually speeds up your metabolism and give you energy to get through the day. Not all breakfast foods are healthy, however, eating a proper breakfast like some whole grain toasts and some egg whites will really give you the fuel you need to tackle morning tasks.

## Cut Down on Your Sugar Intake

A big source of our daily sugars comes from what we drink daily. You may not realize it, but sodas and sports drinks have almost a day's worth of sugar alone in them. A good way to cut down on drinking sugary drinks is to substitute them for water, fruit teas, or sparkling water. There is also a lot of sugar in the condiments you consume daily. Ketchup and mayonnaise both have a lot of sugar in them, but you'd never know! Try reaching for condiments that have a lower sugar content than what you usually buy.



Image Source: <https://miami.com>



Image Source: <http://www.bhssolutions.com/>

## Eat Less Salt

A lot of the salt that you consume daily is already in the foods you eat, which means you don't need to add salt onto already salty foods. For healthier snacks try eating more fruits and vegetables or grabbing a snack low in sodium. Eating less sodium can help benefit your cardiovascular health.

Table: Six Helpful Websites to Help With Healthy Eating		
Website	Description	Link
American Heart Association	All about Saturated Fats	<a href="https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats">https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/saturated-fats</a>
Health Line	14 Simple Ways to Stop Eating Lots of Sugar	<a href="https://www.healthline.com/nutrition/14-ways-to-eat-less-sugar">https://www.healthline.com/nutrition/14-ways-to-eat-less-sugar</a>
Kidney.org	Top 10 Tips for Reducing Salt in Your Diet	<a href="https://www.kidney.org/news/ekidney/june10/Salt_june10">https://www.kidney.org/news/ekidney/june10/Salt_june10</a>
Health Line	7 Benefits of Drinking Water	<a href="https://www.healthline.com/nutrition/7-health-benefits-of-water">https://www.healthline.com/nutrition/7-health-benefits-of-water</a>
Duke Diet & Fitness Center	3 Reasons Why We Shouldn't Skip Breakfast	<a href="https://www.dukedietandfitness.org/3-reasons-why-we-shouldnt-skip-breakfast">https://www.dukedietandfitness.org/3-reasons-why-we-shouldnt-skip-breakfast</a>
Choose My Plate	10 Tips: Healthy Eating for an Active Lifestyle	<a href="https://www.choosemyplate.gov/ten-tips-healthy-eating-for-an-active-lifestyle">https://www.choosemyplate.gov/ten-tips-healthy-eating-for-an-active-lifestyle</a>