Food and wellbeing

"Well-being" is the state of being healthy, safe, comfortable, and happy. And "Wellness" is the act of practicing healthy habits daily to attain better physical and mental health outcomes. Let's make, being healthy, a part of our overall lifestyle and prevent chronic diseases and long-term illnesses.

A healthy balanced diet includes:

Eating lots of vegetables and fruit.

Choosing whole-grain foods.

Make water your drink of choice.

Eating healthy protein (dairy, legumes, seafood, poultry, eggs, lean meats)

Limiting high & ultra-processed foods (soft drinks, chips, packaged juices, chocolate, nuggets, hotdogs, fries, sausages, etc)

A balanced diet is essential for our body for several reasons. It provides us with the energy for day-to-day activities, helps us to grow, makes our bones and muscles strong, repairs damaged body cells, and boosts our immunity against external harmful elements.

Research has shown that regularly eating processed and red meats (beef, lamb, pork) which are high in saturated fat, can raise the risk of type 2 diabetes, heart disease, stroke, and certain cancers. Always opt for leaner cuts of unprocessed red meat, since they are unprocessed and do not contain excess salt, fat, or preservatives.

Processed red meats (bacon, hot dogs, sausage, salami, etc) carry the highest risk of health problems. Saturated fat and trans fat raise our cholesterol levels and increase the risk of heart disease. Hence, its highly recommend that we limit the amount of red meat and choose lean cuts of meat, instead.

What we eat, doesn't just affect our physical health, it also affects our mental health and wellbeing. A well-balanced healthy diet provides all the energy we need to keep active throughout the day. We must moderate the food intake to avoid giving wrong instructions to our bodies, we could become overweight or undernourished, and at risk for falling prey to diseases and conditions.

As the saying goes “you are what you eat". Eating healthy can boost the “good” cholesterol and decrease unhealthy triglyceride levels. Vitamins and nutrients obtained from a healthy diet are essential for overall wellbeing. They help us relax and get better quality of sleep, unlike fatty and sugary foods at night, which makes it difficult to fall asleep. In general, food provides vital nutrients that provide energy for all functions of the body.

Eating well boosts the immune system, which helps protect us from common infectious illnesses like allergies, colds, flu, etc. Many healthy foods also provide mood-boosting nourishment and improved cognitive functions like concentration, memory, and creativeness. Let us stay on guard and protect our health, which is the greatest of human blessings.

* STAY SAFE STAY HEALTHY *

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