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Eating Correctly Using The Food Groups

By **Nitin Jain**

Eating properly can help keep you healthy and fit. As long as you eat nutritionally your overall life

will be more rewarding. Learning to eat nutritionally will keep you fit and usually you will be able to keep the proper weight for your size.

There are six food groups that you should add to your diet. These six food groups form the food pyramid as some people refer to it.

The base of the pyramid is the Bread, Grain, Cereal and Pasta food group. These foods provide complex carbohydrates, which are an important source of energy. You should have 6 to 11 servings of these foods in a day. Examples for one serving include 1 slice of bread, 1/2 cup of rice, or pasta, and 1 flat tortilla.

The next food groups going up the pyramid include the Fruits group and Vegetables group. In both groups, these foods will provide you with important nutrients such as vitamin A, vitamin C, folate or potassium. They are also low in fat and sodium and high in fiber. You should have 3 to 5 servings of vegetables or fruits each day. Examples of one serving of fruit include one medium size apple, orange or banana, 1/2 cup of canned fruit, and 3/4 cup of fruit juice or about 4 ounces. Only count 100 percent real fruit juice. Examples of one serving of vegetables include 1 cup of raw leafy vegetables, 1/2 cup of other vegetables either cooked or raw, and about 4 ounces of vegetable juice.

The next food group above the Fruits and Vegetables are the Dairy Items and the Protein Items. Dairy items provide your body with protein and vitamins and minerals, especially calcium. You should have 2 to 3 servings of dairy products in your diet each day. Examples of one serving of a dairy item include 1 cup of cottage cheese or 1/2 cup of whole milk. Protein items provide your body with much needed

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protein, iron and zinc. You should include 2 to 3 servings of protein daily in your diet and each serving should be between 2 and 3 ounces. Examples of one serving of protein would include 2 to 3 ounces of any type of meat, 2 tablespoons of peanut butter, 1/2 cup cooked dry beans, and 1/3 cup of nuts.

At the top of the food pyramid are the Fats and Sweets. The foods in this group do not provide much in the way of nutrition. They do provide calories, which is one culprit for weight gain. Examples of this food group include salad dressings, oils, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts.

For different types of diets, refer:

<http://www.vitaminsdiary.com/diets.htm>

Nitin Jain for

<http://www.vitaminsdiary.com>

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Atkins Diet Saptkins Diet

By Gary R. Hess

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It is said that as many as 40% of all Americans are struggling with obesity. To combat this, many diet and weight-loss programs have been popping up across the country. The most known diet which has come to the forefront is the Atkins Diet.

The Atkins Diet is very simple, eat low carbohydrates. Many people believe this means don't worry about the amount of calories or fat you eat, however that is a huge misconception.

The dieters who use this program believe that calories and fat do not matter when eating low carb food, but in some cases this has proven to be fatal. When eating high fat food your cholesterol will climb and climb which may even lead to a heart attack or stroke.

The reason why the Atkins Diet has proven to work is because your body goes through a several changes when there is a sudden alteration of diet. The Atkins Dieters also tend to leave out several food groups including fruit and vegetables since they are "high carb food" and then tend to grab a steak

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instead which has very low carbohydrates.

This is ridiculous, why? Because once you start eating carbohydrates again your body will act negatively and force the victims to gain their weight back quicker and possibly even more than before.

Something else that is wrong with the Atkins Diet is that the users tend to go through atrophy while doing dieting. This is so for the reason that muscles within the body need carbohydrates to stay healthy, without them the muscles wear down easily and start to shrink. The worst part about this is that since muscle weighs more than fat the users believe they are doing their body good when in fact it is quite the opposite.

Going back to the cutting out food groups, this theory has proven to work no matter what group you leave out. If you were to suddenly stop eating breads and starches your body would go through the same changes as on the Atkins Diet and lose weight. Is this healthy? Definitely not.

If I were to suggest you to stop eating breads and starches you would more than likely look at me and say I'm crazy. So why stop eating fruit and vegetables which are a viable part of living?

Stop the insanity and use a REAL diet.

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