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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Healthy Dinner For You

By Mark Anthony

The Holiday Season is the best time for you to spending your time with your friends and family, going shopping for Christmas, watching football games by a warm fire , and dining out in fabulous restaurants. And if you are on diet, trying to monitor your weight, you would probably lose the best chance to try healthy dinner at your favorite restaurants!

Chinese Restaurants would be one of the best restaurants for you in the season, as they offer numbers of food, a wide variety of broth-based soups , stir-fried specialties (with seafood , tofu, vegetables and lean meat), steamed fish and vegetable dishes , steamed rice , hot mustard sauce , chow mein , and other menus that you would love to try for low-fat , low-calorie , choices.

However, you should avoid some kinds of food for your health, for example, fried egg rolls, fried wontons, dishes made with duck, egg foo yung, and fried chicken. Just try to eat healthy food, avoiding food above and be ensure that you would be healthy. If you really want to eat rice, try to avoid Fried rice and eat steamed rice instead. The all-you-can-eat buffet is also not a good choice for your healthy reason, and should be avoided at all costs.

If you have a chance to dine out in a restaurant with Indian Cuisine, you would be offered a number of delicious menus to choose from for healthy, low-fat options, such as Chicken, fish, veggies, steamed rice; legumes are included in healthful dishes in every menu. Bean soups are tasty and healthy. Or you can try Chapati, Chicken or Shrimp Vindaloo, or Lamb kabobs. However, try not to eat fried breads, dishes served with large amounts of nuts and dishes made with coconut milk. Overall, Indian cuisine is a fantastic dinner when you are monitoring your food.

And in Italian Restaurants, there are some of the most fattening dishes you could possibly dream of , such as Fried Mozzarella sticks, Lasagna, thick creamy Alfredo pasta dishes and many others you can choose. However, there are some dishes offered for you to make your mouth water as well, for example, Thin crust pizza with vegetable toppings, pasta with tomato-based sauces, chicken cacciatore, chicken Marsala, and biscotti that will keep you enjoying your meal without having to cutting down calories and watching fat intake. Salads and soup dishes would be also interesting. Try to avoid all deserts in the Italian Restaurants, because most of them have a lot of cheese.

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Mexican Cuisine is also another option for your healthy diet. You can try Black bean soup, grilled chicken or shrimp dishes, chicken soft tacos, chicken or shrimp fajitas, salsa, and chicken quesadillas, but try to nachos, refried beans, enchiladas, and fried choices, such as chimichangas.

The Holiday Season would be the best choice for you when dine out with family and friends. And it is essential to remember that while you are on diet, you don't have to exclude yourself from all of the holiday cheers, but just try not to cheer as loudly as others!

Mark Anthony owns a chain of healthy websites , which includes

<http://www.coralcalciumsecrets.info>

coral calcium Secrets . For more cool articles and resources , visit the sites .

The Right Way to Eat for Better Health and Weight Loss

By Ryan Cote

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Did you know that how and when you eat is important for good health?

For most of your life, you probably have eaten breakfast, lunch and dinner. Now depending on your eating habits, this may be okay...but many people skip breakfast because they don't have the time, they have a semi-normal lunch and then a large dinner. Avoid this at all costs...

When you wake up, your body is screaming for food– it's been many hours since you last ate. By skipping breakfast, you're depriving your body of the nutrients it needs and forcing it to go into hibernation mode– this slows down your metabolism. Dinner should be your lightest meal of the day because your metabolism is slowest in the evening...yet for many people, it's their largest.

That being said...

The ideal eating schedule is to have a small, healthy meal every 2–3 hours (healthy sandwich, protein shake, peanut butter, fruit, healthy fats, whole grains, nuts etc). Your body isn't made for digesting huge portions of food. By eating small meals every 2–3 hours, you keep your metabolism at top speed and your digestive system healthy.

And it really isn't all that difficult. Go out and buy nutrition bars (but pay close attention to the ingredients– Kashi bars are great)...buy good fat like peanut butter and almonds...fruit like apples and berries...lean meats like chicken and turkey...whole grains breads– these are all foods you can bring to work with you. It's what I do every day so I know it's possible.

To sum things up, you need to change your habits so you're eating small, healthy meals every 2–3

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hours. This will keep your metabolism at top speed, your digestive system healthy and your body in peak performance.

If this is completely impossible for you, then make sure your breakfast is your biggest and most nutritious meal of the day, lunch your second largest, and dinner your smallest. And don't forget to drink water!

Try this for a month or two...combine it with a good exercise plan and the right nutritional supplements and you'll be amazed at how great you feel.

Ryan Cote is the author of 4 Days to Better Health, a free 4 day e-course with additional advice on nutrition, exercise and nutritional supplements. To receive all 4 days, visit

<http://www.4DaysToBetterHealth.com>



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