

## 10 food rules



.. which we should consider if we want to achieve and maintain a state of good health:

1. Control your weight, not in an obsessive way but once a week, always at the same time and under the same conditions get on the bathroom scales! Undertake any form of physical activity. That does not necessarily mean attending a gym. It is enough to make a daily walk at a brisk pace or a bike ride, or practice any form of dance;
2. Increase the consumption of grains, legumes, vegetables and seasonal fruits. The association of legumes + cereals ensures the adequate intake of protein with a saving in fat. They should be chosen in preference to greenhouse and imported fruit and vegetables as these do not provide that level of vitamins so important for the performance of basic chemical reactions of our organism;
3. Choose vegetable fats over animal and limit quantities. Often we take into account only the added fat forgetting that certain foods contain high amounts of fat;
4. Don't overdo your intake of sugar, sweets and sugary drinks. Another common mistake is to not take into account the calories in fruit juice, orange juice, cocktails;
5. Every day introduce at least 1 liter and a half of liquid, preferably water. It is essential to keep water intake balanced. Bear in mind that every individual suffers a daily loss of fluids, at least 2 and a half liters, which must be replaced. It is estimated that with the food accounts for about 1 liter of water, the remaining 1 and a half liters needs to be balanced with the fluid intake, preferably unsweetened;
6. Reduce the consumption of salt. It is often not considered that many foods, such as vegetables, contain a sufficient quantity of salts that fully meets the needs of the organism, therefore the salt we add, sodium chloride, is extra;
7. Limit the consumption of alcoholic beverages;
8. Eat a variety of foods using seasonal produce from the area;
9. Follow specific diets to better address particular periods of life;
10. Pay attention to hygiene in the preparation and storage of food.