

You're Built for Good Health

You're built for eating

Plan out all your meals for the week ahead of time. That includes any snacks. Then, you'll be less likely to make unhealthy food choices.

When you're hungry, you eat. Problem solved, right? Even if you can quiet your grumbling stomach, that doesn't mean your body got the nutrition it needs to function well. Here's what you should do when hunger strikes:

- Stay away from junk food with lots of saturated fat, sugar, salt and calories, but few nutrients.
- Focus on whole-grain and fiber-rich foods. Fill half your plate with vegetables.
- Eat dark leafy greens – they are a good source of vitamins A, C, potassium, folate and calcium.
- Eat lean protein foods, such as beans, lentils, chicken and fish.
- Keep dried fruit, nuts and seeds on hand for a quick snack.

