

# **Design a Diet to Fit Your Desired Lifestyle**

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It might be simplistic to say that what you ate for breakfast can affect your ability to live your life to the fullest, but that is actually a valid point. The foods you put into your body will factor into how healthy and enjoyable your life is day to day. Here are some of the top ways you can design a diet that fits your ideal lifestyle.

Is your freezer well stocked with ice cream and frozen pizza? Are your refrigerator shelves loaded with high fat, high sugar foods like chocolate syrup and bacon? Then it's time to clean it out and start fresh. Toss out all the foods that are not only loading down your refrigerator, but when you eat them, they will load you down with calories and unwanted extra pounds. Make room for all the healthy, fresh foods that will get you started on the way to a healthy diet and more fit lifestyle.

Do your eyes glaze over when it comes to hearing about carbohydrates, proteins and fiber? Unfortunately, that can be a result of the seemingly boundless information that is available to us, making it hard to realize that it's not really a complicated matter. Take a back-to-basics approach, and it will be easier to prepare and enjoy well-rounded, great tasting meals every day. Give yourself a portion of protein, loads of vegetables, and a bit of carbohydrates. That translates as a grilled steak, steamed fresh asparagus, spinach salad, and a dinner roll on the side.

Speaking of portions, many people today have an expanded notion of what amount to serve as a healthy portion. When you're eating for a healthier lifestyle, you'll want to begin to serve portions that will keep you fit and energetic. One way to know if your portions are too big is if your stomach is feeling overstretched or uncomfortable when you finish your meal. If you give yourself a bit less on your plate, you won't go

hungry. You will go through your day feeling more fit and able to be more active.

Sauces, spreads and salad dressings add flavor to many dishes, but it's important not to go overboard with them because they usually pack on a lot of calories to your meal. Unless you use a low-calorie version, their caloric content is deceptively high. Keep that in mind when you put a dab of butter on your toast. Instead you can try using a fraction of that dab, and smoothing it thinly across the bread. It's important not to feel like you're missing out on your favorite tastes, but keep the amount down, so it doesn't end up weighing you down.

Preparing and eating healthier meals and snacks will not only change what's on your plate, it can change your life for the better. The tips and advice in this article will get you started designing a more nutritious way of eating, and a more fit and energetic lifestyle, without giving up the good flavors of your favorite foods.