

Sir Ellis Kadoorie Secondary School (2016-2017)

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### **What are healthy eating habits?**

Healthy eating habits means chasing the right type of food and by that, I don't mean junk food but fruits, vegetables and healthy grains! Fruits and vegetables can be really boring but creating fun recipes and smoothies will surely change your taste buds!

Eating right can help us prevent from any sickness such as obesity, diabetes etc. Eating healthy food is a great way to lose extra fats.

Foods such as red rice, vegetables, fruits and nuts are good options if you want to snack on something, nuts and fruits are always the best. They are not only yummy but healthy.

### **You are what you eat!**

It is definitely true. Eating smart has a lot of benefits to our bodies! Consuming the right food will lead to a happy healthy lifestyle. A majority of fruits provide a lot of vitamins for us. Balancing both vegetables and meat is very important. Junk food such as sweets, cakes, chocolates and ice-cream can be very tempting when we go on a healthy diet and it isn't bad having them once in a blue moon. But remember, consuming a lot of sweets can lead to diabetes and obesity. Eating junk food does cause pimples on the face and will surely add up the number on the weight. Therefore, control the amount of sweets you consume or it will lower your self-esteem because of the weight gain. Think before you eat.

### **Grind hard!**

“Grind hard!” means you have to work hard, never leave the gym without being sweaty. Regular exercise is a very good and effective way to keep fit or lose weight.

Exercising without eating smart will never be effective and if you're new to diets

and workouts, practise according to your own pace!

Start off with cutting soft drinks slowly and finally you can quit eating junk food. Gradually, you will soon start to love the fresh taste of fruits and vegetables.

Going to the gym or exercising at home needs two essentials, water and snack. And by snack, I don't mean chips or candies, but energy or granola bars, bananas, oranges or apples! If you find the taste of water too bland, you can always mix it up for a flavour with fruits which creates what we call detox water so start grinding and wish you good luck!

