

## Healthy eating for a healthy weight

Sahnur Irmak\*

Department of Food Engineering, University of Ege, Izmir, Turkey

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### Introduction

An eating plan that deals with your weight incorporates an assortment of quality food sources. Add a variety of tones to your plate and consider it eating the rainbow. Green Leafy vegetables, oranges, tomatoes, spices are stacked with nutrients, fiber, and minerals. Addition of frozen capsicum, broccoli, onions to soups, omelettes and other simple breakfast and snack dishes boost the nutrients and appearance instantly in place of supplements.

A Basic Healthy Eating Plan primarily Includes fruits, vegetables, whole grains, and low-fat milk and milk products for providing calories and other vital nutrients followed by protein rich foods like meats seafood, eggs, legumes, soy, other nuts and seeds. The diet plan consists of foods that are low in saturated and trans fats, cholesterol, salt. The diet plan doesn't contain added sugars to balance the calorie needs of a normal person in a day.

### Fruits

Fresh, frozen or canned fruits are the best choice to supplement the required vitamins and minerals in a day. Apart from conventional fruits like apples and bananas, seasonal fruits such as mango, pineapple kiwi create great impact in improving health. If our favourite fresh fruits are not in season, they are available in frozen, canned, or dried form. Canned varieties of fruits packed with water or with its own juice can be preferred instead of dried or canned fruits that contain added sugars or sugar syrups.

### Vegetables

Herbs such as rosemary, Mint, oregano can add variety and flavour to grilled and steamed vegetables. Vegetables can also be sauté in a non-stick pan with a small amount of cooking spray or can be replaced with frozen or canned vegetables which can be microwaved and served within no time. Canned vegetables without addition of salt, butter can cream sauces should be preferred for health benefits. Consuming different types of vegetables every week help

in adding various nutrients to the diet.

### Calcium-rich foods

Category of calcium rich foods include fat-free and low-fat milk and yogurts and other milk based products. Among these yogurts in various flavours without added sugars are more preferable as substitutes for calcium and can be consumed in place of desserts

### Meats

Meat foods and Sea foods are healthier when baked or grilled. Meat foods provide a lot of protein. These foods can also be substituted by vegan foods like dry beans, soya bean and its products etc. Various recipes can be prepared by addition of both vegetarian and non-vegetarian foods based on the needs and interests that help supplement required intake of proteins.

### Comfort foods

Healthy eating is all about balancing the food intake. By enjoying our favourite foods though they are high in calories, fat or added sugars. There is no harm in eating our favourite foods once in few days with specific quantities and balance them with healthy foods and more perform physical activity to burn extra calories. Higher-calorie food to be consumed in smaller amounts. Trying a lower-calorie version of diet by Using low calorie ingredients can be helpful. Foods can be prepared differently by addition of various other foods but increase in portion size food is not recommended.

### \*Correspondence to

Sahnur Irmak

Department of Food Engineering

University of Ege

Izmir, Turkey

E-mail: sahnur.irmak@tarim.gov.tr

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