Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it’s about feeling great, having more energy, improving your outlook, and stabilizing your mood. If you feel overwhelmed by all the nutrition and diet advice out there, you’re not alone. It seems that for every expert who tells you that certain food is good for you, you’ll find another saying exactly the opposite. But by using these simple things, you can cut through the confusion and can learn how to create a variety of healthy food for your diet.

“Instead of emphasizing one nutrient, we need to move to food-based recommendations. What we eat should be whole, minimally processed, nutritious food—food that is in many cases as close to its natural form as possible.”

Dariush Mozaffarian.

How does healthy eating effect health and body?

We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet also can have a profound effect on your mood and sense of wellbeing. Studies have found that eating a typical diet filled with processed meats, package meals, and sugary snacks, with higher rate of depression, stress, bipolar disorder, and anxiety. Eating an unhealthy diet may even play a role in the development of mental health disorder such as ADHD. It also increases the risk of suicide in young people.

Eating much more fresh fruits and vegetables, cooking meal at home, reduces your intake of sugar and refined carbohydrates, on the other hand may help to improve your mood, and reduces the risk of mental health problems. If you have already been diagnosed by mental health issues start taking healthy diet it will help you out.

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