

10 tips for living healthy & happy

Abstract

Kristen Johnson is a Supermarket Dietitian & Fitness Expert for Mrs. Green's Natural Market in Chicago, IL and specializes in a holistic and super foods approach to Natural living. As the Dietitian for the store she is there to provide the missing link to getting healthier foods onto kitchen tables by conducting in-store shopping trips, cooking demonstrations, nutrition classes & holding presentations at various community events. Kristen's main goal is to teach shoppers that eating healthy=living happy. She has boiled down this lifestyle into 10 simple tips for you to start implementing into your life today.

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Drink water

Drink at least half of your body weight in ounces of water per day. Water helps with digestion and metabolism and keeps your cells healthy. Include sources such as Spring Water, Artesian Water, Mineral Water and Ionized Water.

Eat breakfast

Not only does breakfast give you energy to start the day, but is also linked to many health benefits, including weight control and improved performance.

Eat with color

Colorful fruits and vegetables contain antioxidants that are helpful in preventing cancer or age-related diseases. Every color offers something different for the body (Table 1).

Table 1 Eat with color

Green =	Healthy Immune System
Red =	Healthy Heart
Orange/Yellow =	Healthy Vision
Blue/Purple =	Healthy Digestion
White =	Healthy Hormonal Balance

Less is best

Eat whole foods. Foods that contain only 1 ingredient will offer the most benefits (Apple, broccoli, oats, Quinoa). Avoid food products that have a long ingredient list or list unfamiliar ingredients or ingredients you can't pronounce.

Stick to the source! (Table 2)

The 4hour rule

Eat small-balanced meals or snacks that provide a mix of carbohydrates, proteins and fats every 4hours. This will keep your energy steady throughout the day and will prevent you from overeating.

Table 2 Stick to the source

Apple→Applesauce→Apple Juice
100% Whole Grain Bread→Enriched White Bread→White Bread
Tomato→Salsa→Catsup
Whole Kernal Corn→Creamed Corn→Corn Syrup
Oat Grouts→Steel Cut Oats→Rolled Oats
Flaxseeds→Flaxseed Oil→Flaxseed Oil Capsules
More Processing=More Money& is Less Nutritious

Healthy fats are your friend!

Just as you need a variety of fruits and vegetables in your diet, the same is true of healthy fats. Consume a variety of healthy fats such as extra virgin olive oil, extra virgin coconut oil, nuts, fish and flaxseeds. Olive oil is a heart-healthy monounsaturated fat and is great for cooking. Coconut oil improves nutrient absorption, is anti-fungal and helps improve skin, hair, nails, acid reflux and IBS. Nuts contain vitamin E and antioxidants. Flaxseeds and fish contain omega-3 fats, which help to reduce total cholesterol and triglycerides, improve brain health and help to maintain healthy blood pressure and blood sugar. Omega-3s also make up each and every cell in the body and can help improve metabolism and overall health.

Quality over quantity

Not all calories are created equal. Focus on the quality of the foods you are eating. You are less likely to over eat nutritious foods because they contain more nutrients, fiber and are therefore more satisfying to the body.

Exercise

Choose ways to exercise that are fun and enjoyable to you. Aim for 4-5days per week and include a mix of cardio and strength training exercises. Cardio strengthens the heart, reduces stress, improves sleep and increases energy. Strength training helps to build muscle and the more muscle you have, the more calories you burn

Sleep

Aim for 7-8hours of sleep per night. Sleep gives you calorie-free energy and can improve hormonal balance and increase feelings of satiety.

Invest the majority of your food budget in nutritious choices. It is not too expensive to eat healthy; it is too expensive to get sick!

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Conflict of interest

Author declares that there is no conflict of interest.