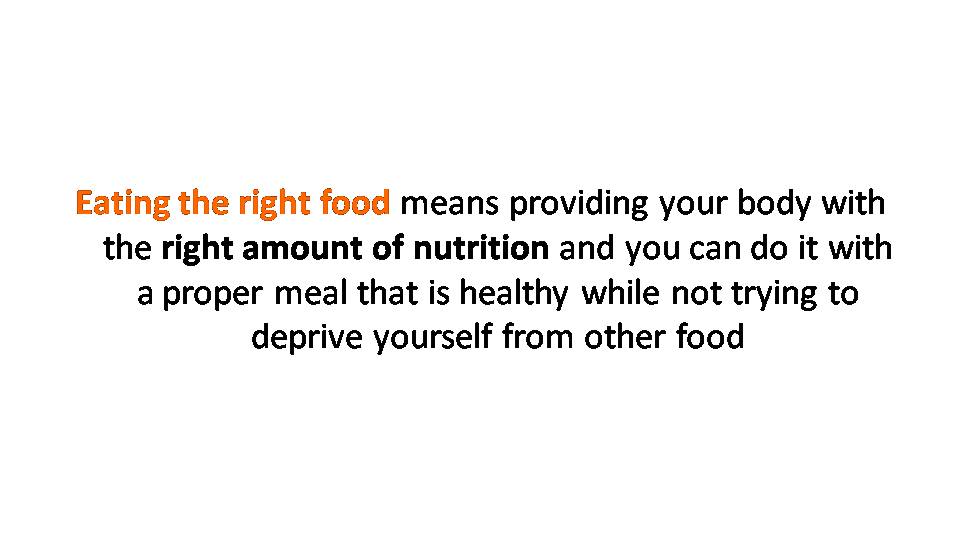
# Chapter 6: Types of Recommended Food



**S1**: Hello! Welcome and thanks for choosing this video course.

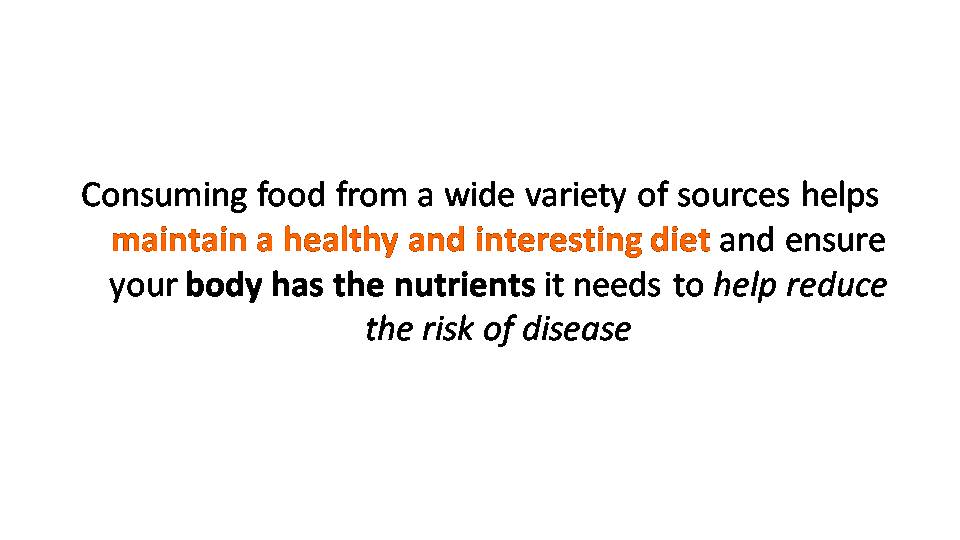
In this video, we are going to talk about what are the recommended foods that we should consume to provide the best nutrients for our body.

**S2**: Now why is it so important to eat the right food?



**S3:** Eating the right food means providing your body with the right amount of nutrition and you can do it with a proper meal that is healthy while not trying to deprive yourself from other food.

**S4**: To top things off you can eat right and exercise regularly to achieve a well balanced healthy mind and body.

**S5:** Consuming food from a wide variety of sources helps maintain a healthy and interesting diet and ensure your body has the nutrients it needs to help reduce the risk of disease.

**S6: The Best Food Choices**

1. Vegetables

2. Fruits

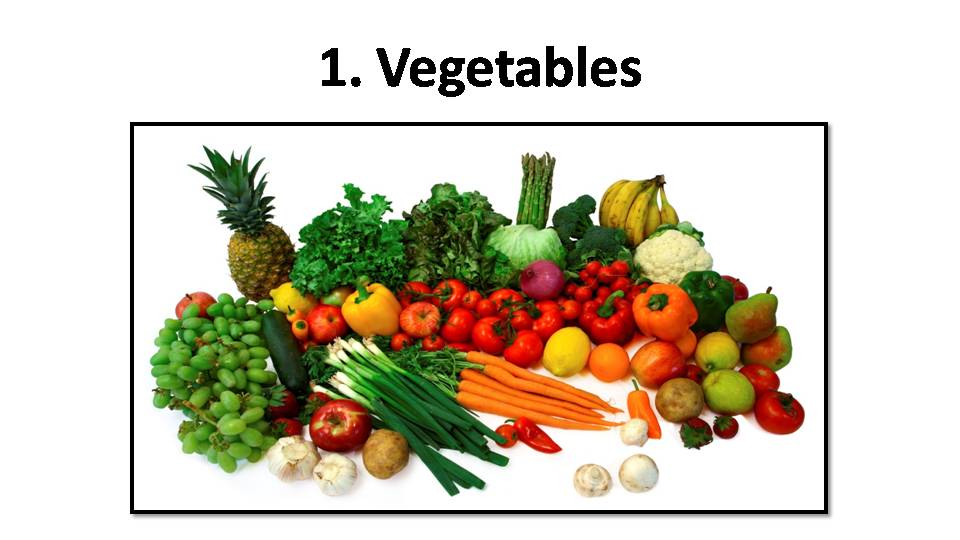
3. Whole Grain

4. Dietary Fibre

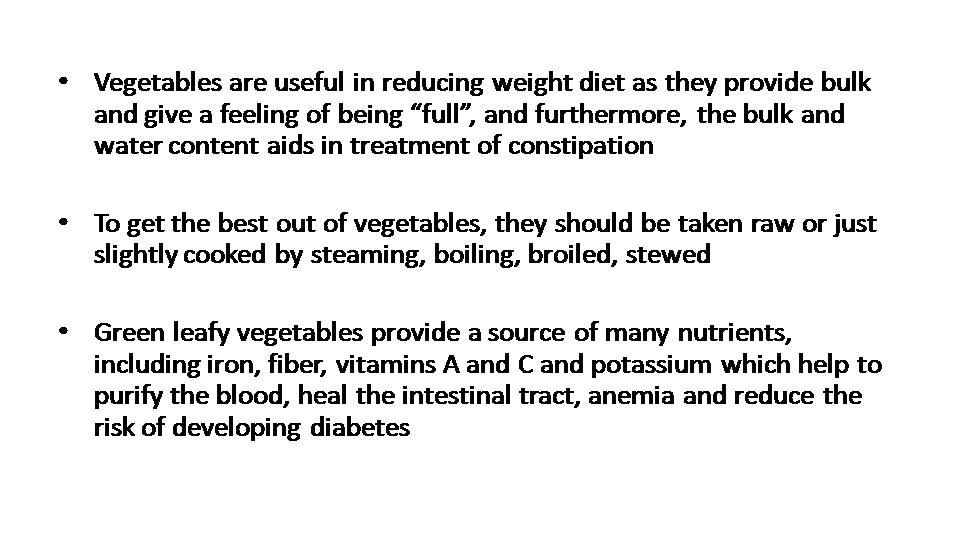
5. Healthy Carbohydrates

6. Calcium

7. Healthy Fats

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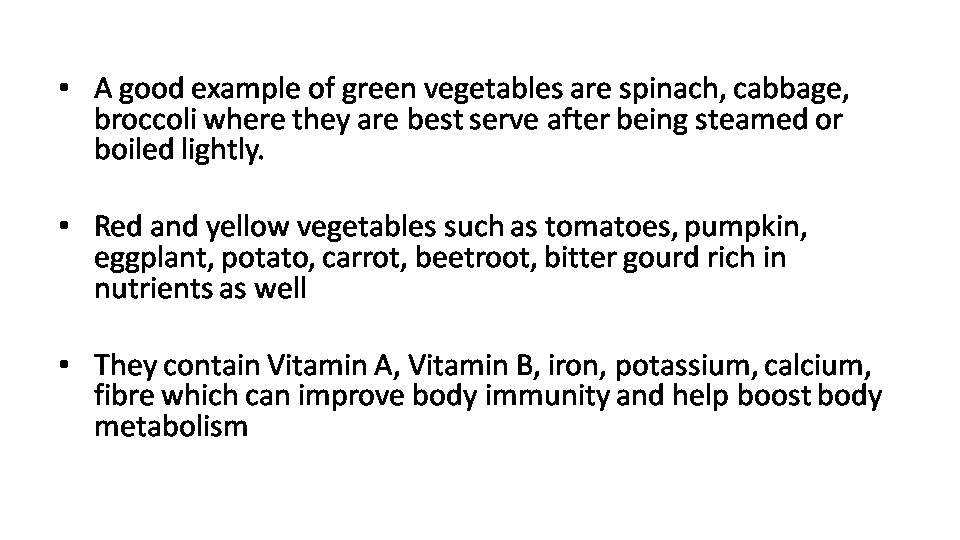
**S7: 1. Vegetables**

**S8**: Now, let's talk about the first best food choices, vegetables. I am sure each and everyone of us know the importance of vegetables in our daily diet. But do we really know why it is so useful in reducing weight diet?

You may not know..So without further ado, let's get started.

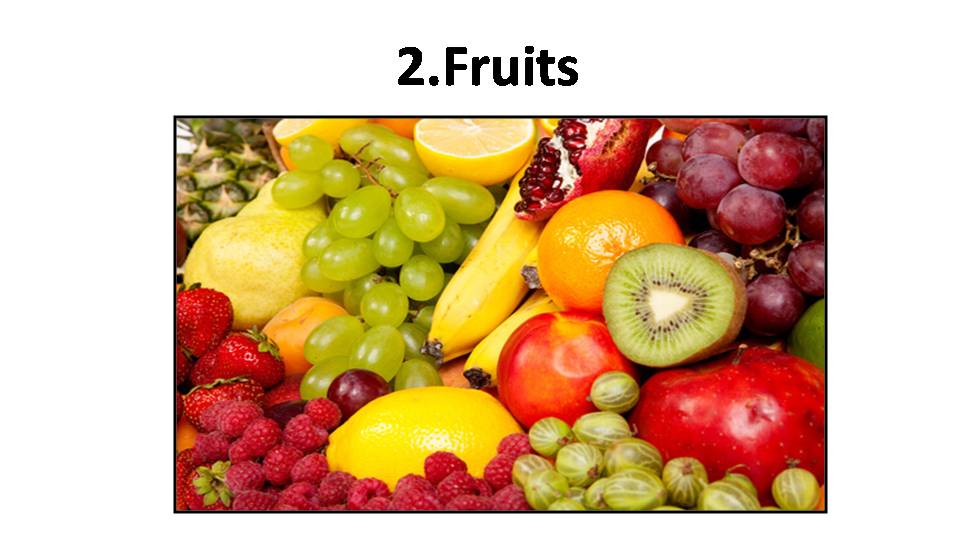
Vegetables are useful in reducing weight diet as they provide bulk and give a feeling of being “full”, and furthermore, the bulk and water content aids in treatment of constipation. To get the best out of vegetables, they should be taken raw or just slightly cooked by steaming, boiling, broiled, stewed.

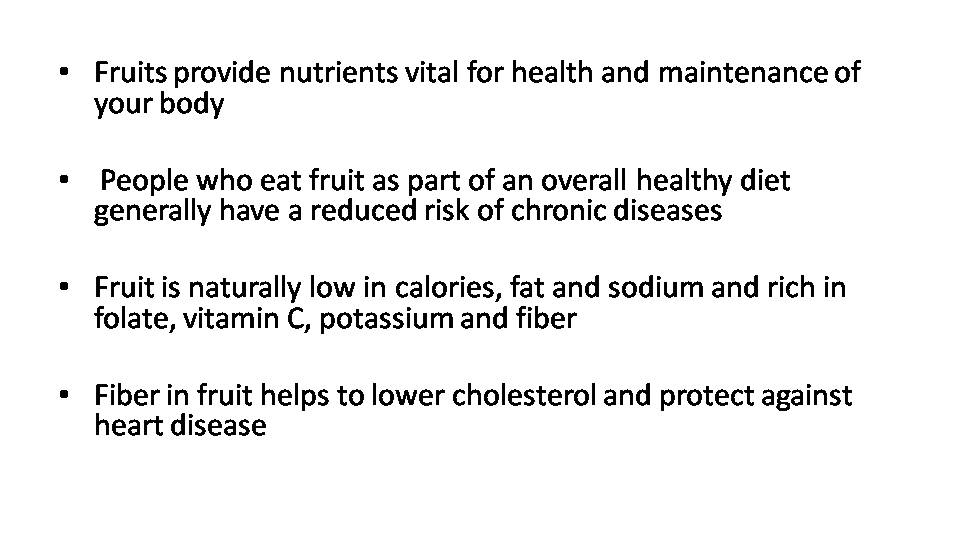
Green leafy vegetables provide a source of many nutrients, including iron, fiber, vitamins A and C and potassium which help to purify the blood, heal the intestinal tract, anemia and reduce the risk of developing diabetes.



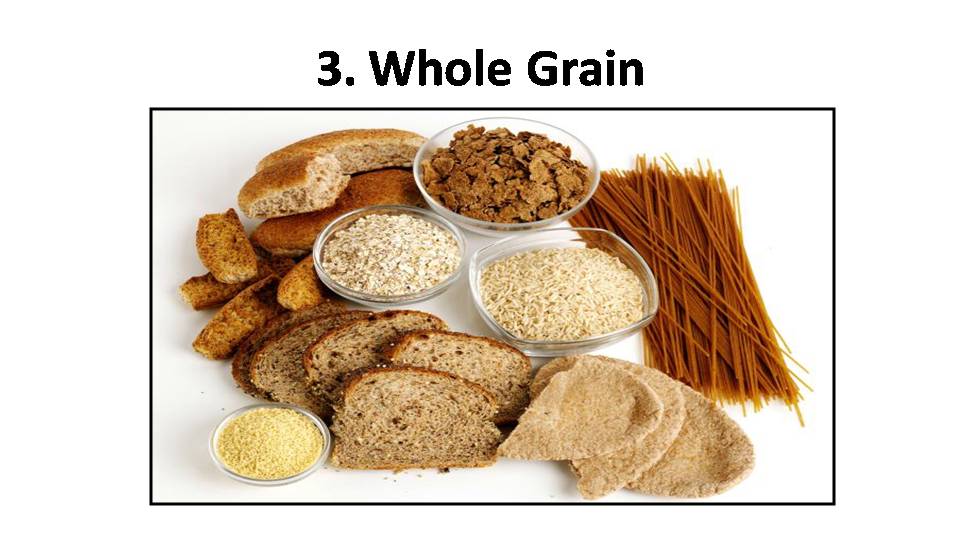
**S9:** A good example of green vegetables are spinach, cabbage, broccoli where they are best serve after being steamed or boiled lightly.

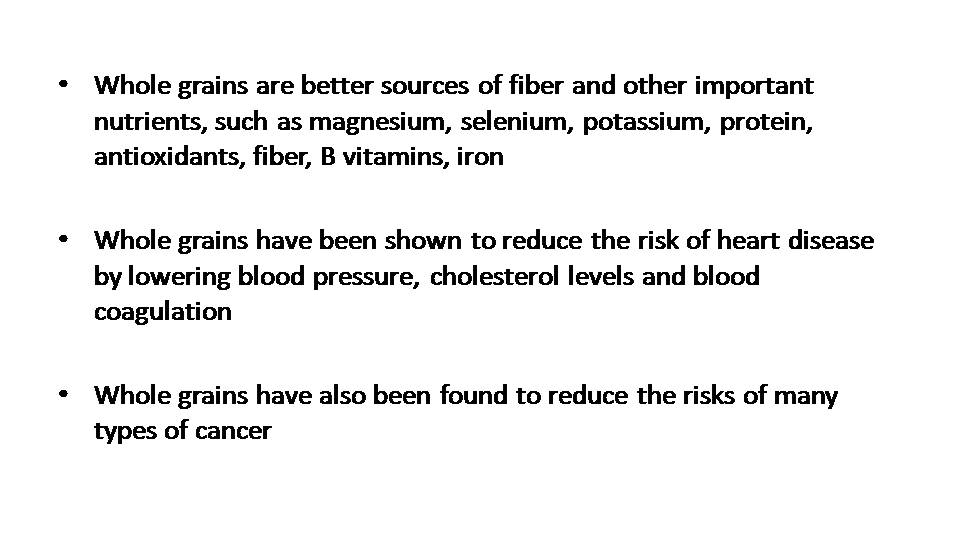
Red and yellow vegetables such as tomatoes, pumpkin, eggplant, potato, carrot, beetroot, bitter gourd rich in nutrients as well. They contain Vitamin A, Vitamin B, iron, potassium, calcium, fibre which can improve body immunity and help boost body metabolism.

**S10: 2.Fruits**

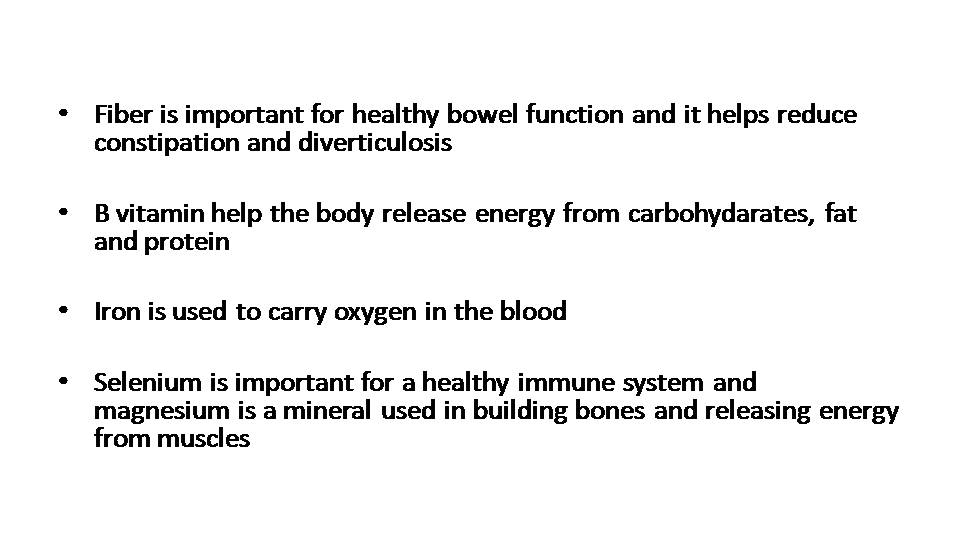
**S11:** Fruits provide nutrients vital for health and maintenance of your body. People who eat fruit as part of an overall healthy diet generally have a reduced risk of chronic diseases. The healthiest choices are fresh fruits or frozen without added sweeteners as the sugar from fruits (fructose) can be quite high.

Fruit is naturally low in calories, fat and sodium and rich in folate, vitamin C, potassium and fiber. Some high-potassium fruits include bananas, peaches, oranges, honeydew and cantaloupe. Fiber in fruit helps to lower cholesterol and protect against heart disease. Vitamin C in food like strawberries and citrus help with wound healing and keeps gums and teeth healthy.

**S12:** 3. Whole Grain



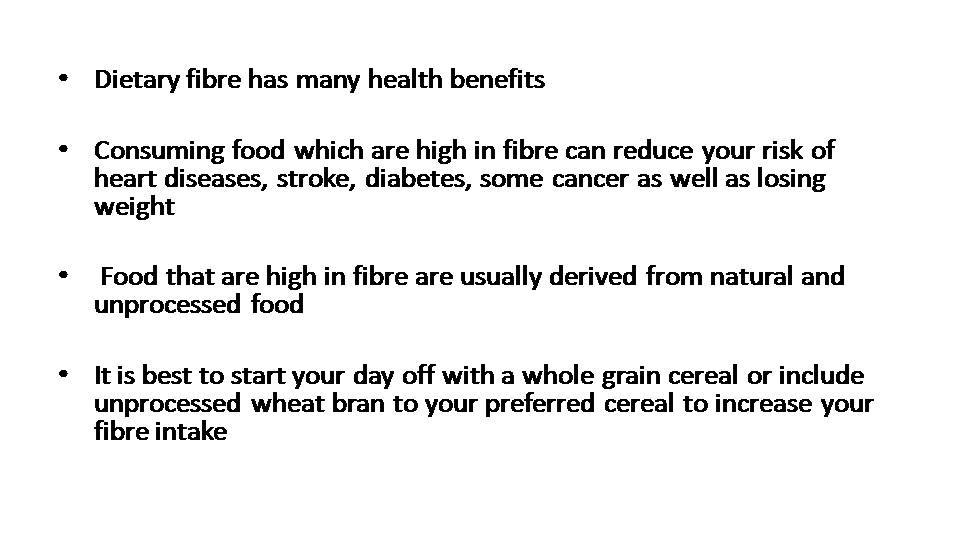
**S13:** Eating more [whole grains](http://www.webmd.com/diet/healthy-kitchen-11/reaping-benefits-whole-grains) is an easy way to add a layer of " [health insurance](http://www.webmd.com/health-insurance/default.htm)" to your life. Whole grains are better sources of fiber and other important nutrients, such as magnesium, selenium, potassium, protein, antioxidants, fiber, B vitamins, iron. Whole grains have been shown to reduce the risk of [heart disease](http://www.healthcastle.com/heart-smart-diet.shtml) by lowering blood pressure, cholesterol levels and blood coagulation. Whole grains have also been found to reduce the risks of many types of cancer.



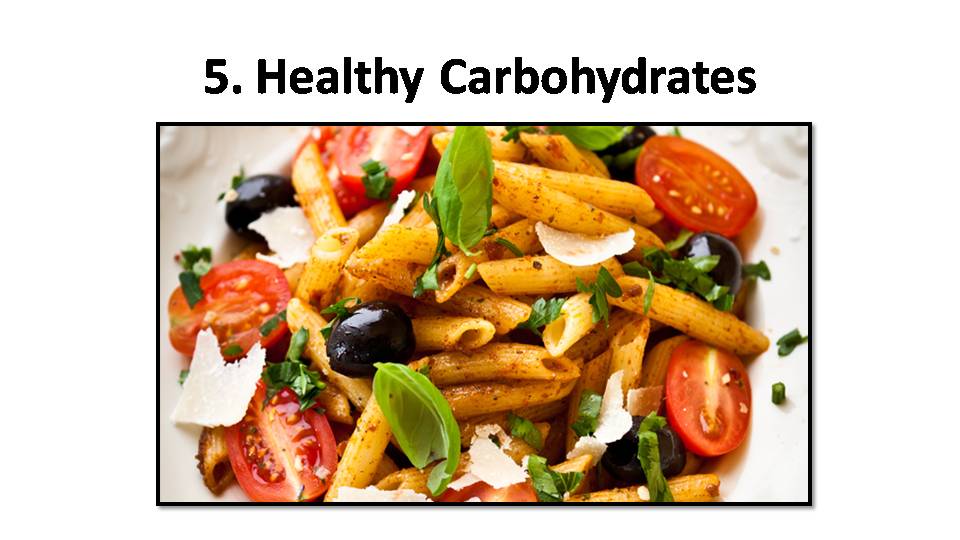
**S14**: Fiber is important for healthy bowel function and it helps reduce constipation and diverticulosis . B vitamins help the body release energy from carbohydarates, fat and protein. Iron is used to carry oxygen in the blood. Selenium is important for a healthy immune system and magnesium is a mineral used in building bones and releasing energy from muscles.

Some of the healthy whole grains include whole wheat, Bulgur, oatmeal, Quinoa, brown rice, Whole-Grain Barley and corn.

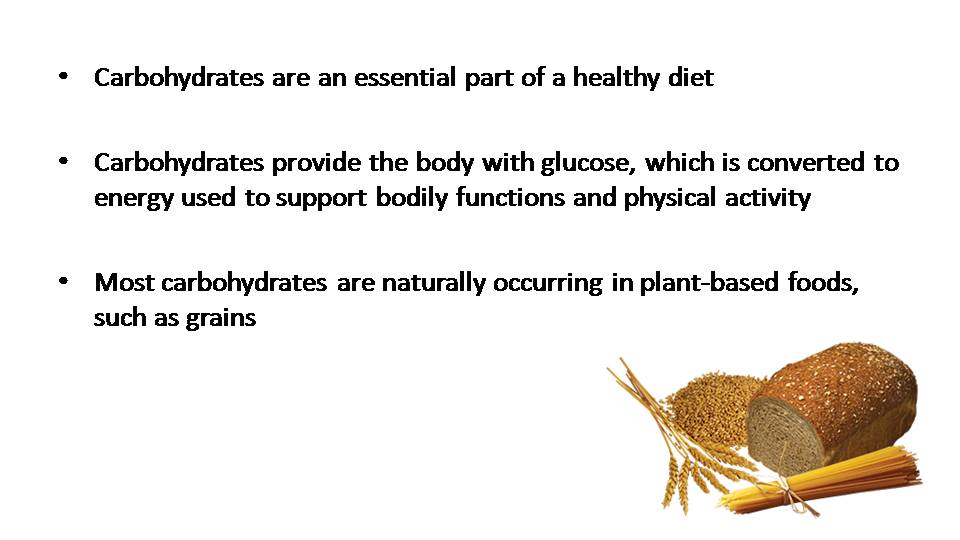
**S15:** 4. Dietary Fibre

**S16:** Dietary fibre has many health benefits.Consuming food which are high in fibre can reduce your risk of heart diseases, stroke, diabetes, some cancer as well as losing weight. Foods that are high in fibre are usually derived from natural and unprocessed food.

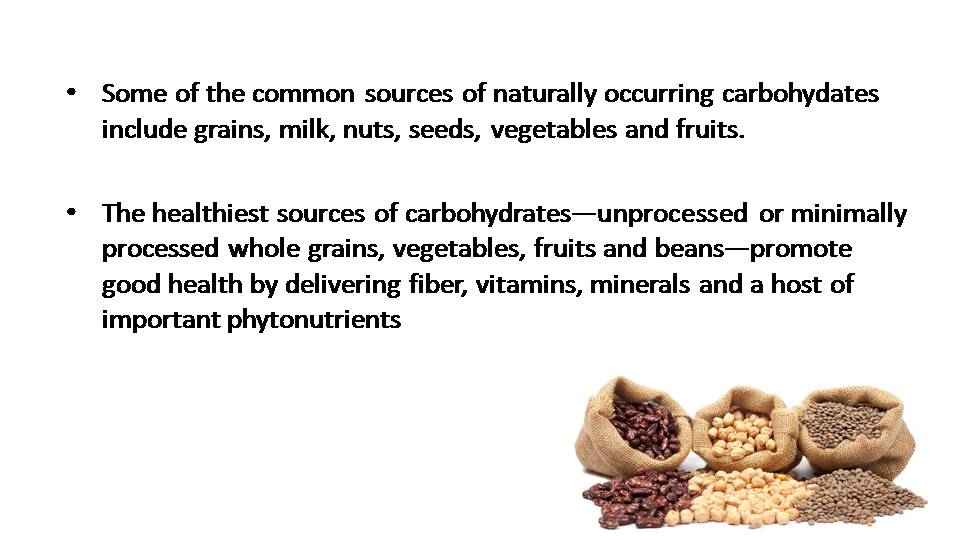
Good sources of fibre can be found in nuts, barley, whole grains, oatmeal, wheat cereals and beans .For vegetables it can be found in celery, carrot and tomatoes. Whereas for fruits, it can be found in berries, apples, pears and citrus fruits. It is best to start your day off with a whole grain cereal or include unprocessed wheat bran to your preferred cereal to increase your fibre intake.



**S17:** 5. Healthy Carbohydrates

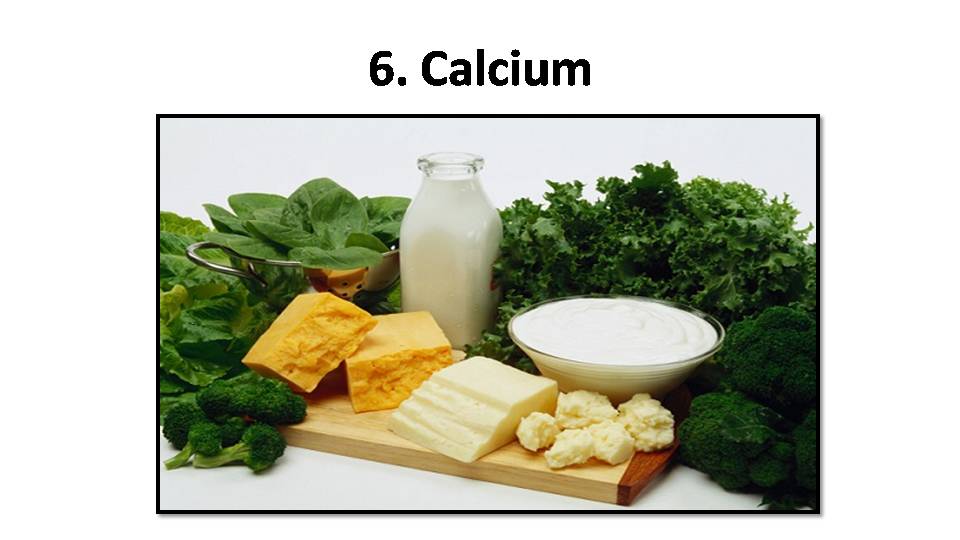


**S18**: Carbohydrates are an essential part of a healthy diet. Carbohydrates provide the body with glucose, which is converted to energy used to support bodily functions and physical activity. Most carbohydrates are naturally occurring in plant-based foods, such as grains.

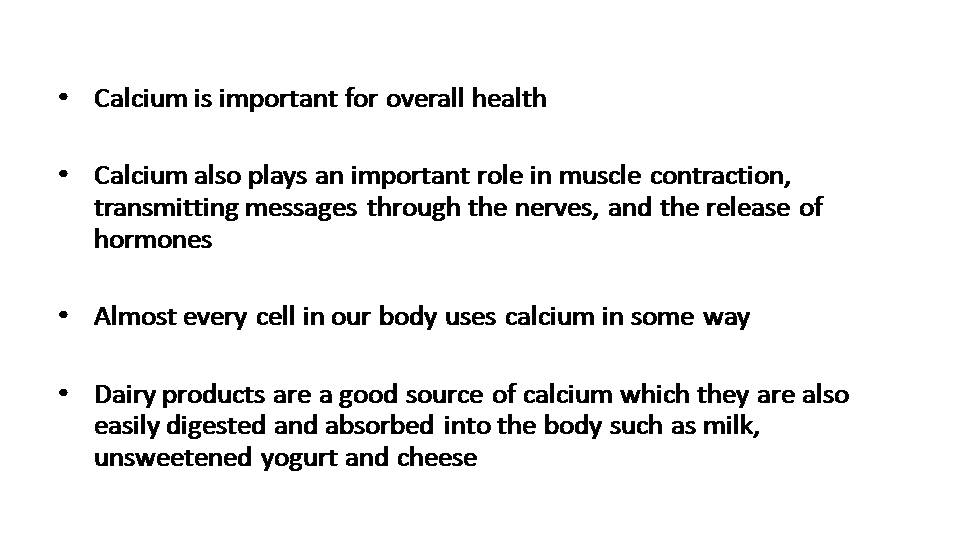


**S19:** Food manufacturers also add carbohydrates to processed foods in the form of starch or added sugar. Some of the common sources of naturally occurring carbohydates include grains, milk, nuts, seeds, vegetables and fruits.

Carbohydrate quality is important; some types of carbohydrate-rich foods are better than others**.** The healthiest sources of carbohydrates—unprocessed or minimally processed whole grains, vegetables, fruits and beans—promote good health by delivering fiber, vitamins, minerals and a host of important phytonutrients.

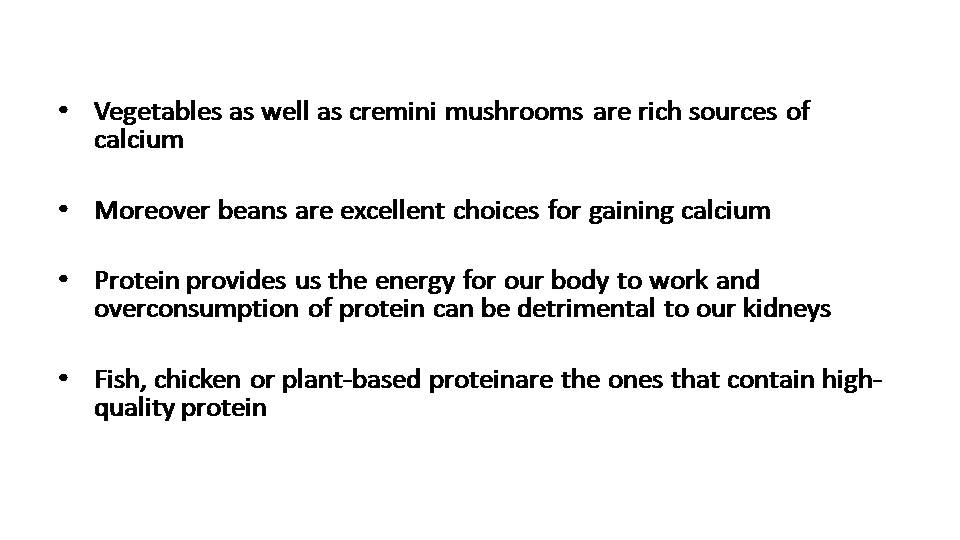
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**S20: 6. Calcium**



**S21:** Calcium is important for overall health. Calcium also plays an important role in muscle contraction, transmitting messages through the nerves, and the release of hormones. Almost every cell in our body uses calcium in some way.

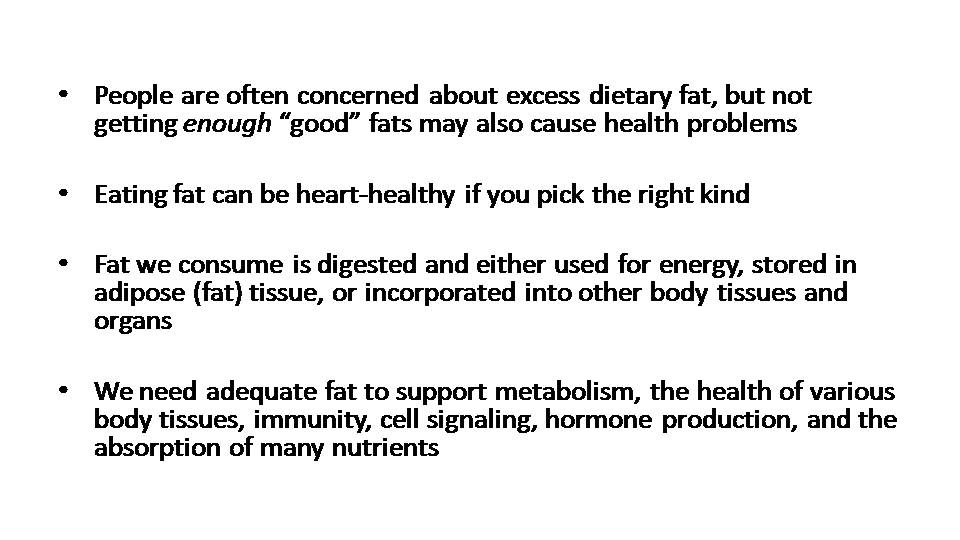
Our body requires calcium to maintain a healthy bones and teeth. Dairy products are a good source of calcium which they are also easily digested and absorbed into the body such as milk, unsweetened yogurt and cheese.



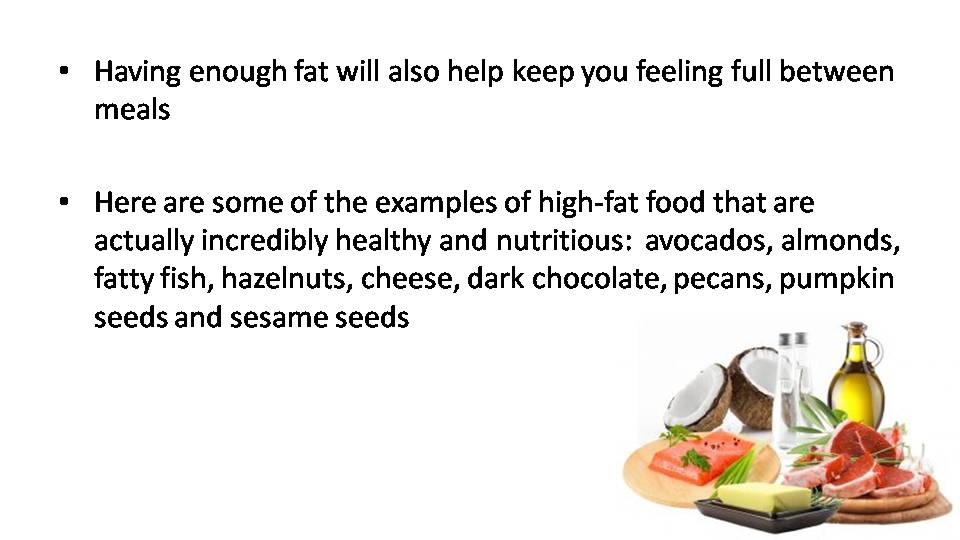
**S22:** Vegetables such as kale, romaine lettuce, celery, broccoli, fennel, green beans, cabbage, summer squash, Brussels sprouts, asparagus as well as cremini mushrooms are rich sources of calcium.

Moreover beans such as black beans, white beans, pinto beans, kidney beans, black-eye peas or even baked beans are excellent choices for gaining calcium. Protein provides us the energy for our body to work and overconsumption of protein can be detrimental to our kidneys. Fish, chicken or plant-based protein such as beans, nuts and soy are the ones that contain high-quality protein.

**S23: 7. Healthy Fats**

**S24:** People are often concerned about excess dietary fat, but not getting enough “good” fats may also cause health problems. Eating fat can be heart-healthy if you pick the right kind. Fat we consume is digested and either used for energy, stored in adipose (fat) tissue, or incorporated into other body tissues and organs.

Fats exert powerful effects within the body. We need adequate fat to support metabolism, the health of various body tissues, immunity, cell signaling, hormone production, and the absorption of many nutrients (such as vitamins A and D).

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**S25:** Having enough fat will also help keep you feeling full between meals. Here are [some of the examples of high](https://authoritynutrition.com/10-super-healthy-high-fat-foods/)-fat food that are actually incredibly healthy and nutritious: avocados, almonds, fatty fish, hazelnuts, cheese, dark chocolate, pecans, pumpkin seeds and sesame seeds.