

MANAGING YOUR LIFE BY EATING RIGHT

HOW TO CONTROL YOUR APPETITE AND
LIVE A LIFE OF ABUNDANCE!



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Introduction

Are you eating just to whet your appetite or to satiate your taste buds? Or are you eating in order to take better control of your life?

In this eBook, we see how you can make your life much more optimal just by making sure that you eat right.

Chapter 1:

Why We Face Health Problems Today

Summary

The world is a lot healthier than it was two decades ago. A lot of this is attributed to the changed food habits of people.

Why We Face Health Problems Today

One generation ago, people would not dream of picking up whatever packet of junk food they could get at first in order to feed their faces. Today, we do that so very casually. "I am hungry" usually means "I want a hamburger or a frankfurter, probably with chips on the side and one cola." "Let's go out and party" means "Let's go out and booze till we can't stand up on our own and intersperse the drinks with as much synthetic-laden wannabe Chinese food that we can get." And, "I am on a diet" means "I am on a chemically driven pill which will kill my hunger and deprive my body of vitamins."

It is really no wonder that we are facing so many health problems today.

Our health is an indicator of what we eat. The sorry condition that we are living in is not an individual problem; it is a global problem. The world as a whole is eating wrong. Just check these facts out – 6 in every 10 persons in the US is overweight, and the number is going to be 8 in every 10 persons by the time we hit 2015. The US, the largest economy in the world, is spending close to [\\$147 billion a year](#) on healthcare due to various obesity-related issues. And this situation is true with most of the so-called developed nations of the world.

Now, if you just consider this one fact, think how much richer the US would have been if it didn't have to contend with this problem. The US reserves would have approximately \$150 billion more each year which it could have used for developmental purposes. Probably, there would have been more schools and colleges (we know there is always a

paucity of them), more research work being done, the lifestyle of people could be improved, and so much more. With that amount of money, the US could feed 3 third-world countries in Africa each year and rid them of all their food problems.

Are we really thinking about this? We aren't. Even as you are reading this eBook, you probably have a packet of Frito Lays on the side. Do you know that that packet, which is filling your stomach with some of the most toxic chemicals known to humans, could instead have fed an emaciated child in Rwanda?

But it's not just about being philanthropic. It's about ourselves too. Yes, we have to be selfish. With such alarming health figures, aren't we calling doom upon us? We are definitely not eating right. Whatever excess baggage that brings – obesity and the assorted health problems in its wake – we have to be prepared for it.

Chapter 2:

The Solution

Summary

Yes, there is cause for alarm. Our eating habits are plunging us into despair. But all is not lost, yet. We can still tighten our belts and look for solutions.

The Solution

We have erred horribly with our eating habits so far. Unless we take stock of the situation and take matters in our own hands, things are not going to improve.

The first thing is awareness. We have to learn what foods are right for us and what are not. We have to go back to school (not literally, of course) and understand what the nutrients are that your body really wants and in what measure. Then we have to work up a dietary regimen for ourselves and our family so that we eat healthier. We must cut down on all the foods that are harmful – the carbohydrates, the fats, the sugars, we don't really want them – and incorporate foods that can boost our health.

This does sound too preachy, I know. But that is the only respite we have got. If we keep munching on Oreos, we are never going to get better.

But there's hope. Hope lies in the fact that there are many foods out there that are just as tasty as those nasty junk foods but we don't yet know about them. These are the foods that we don't know about yet, we probably don't care for them or because we don't know how to prepare them, but a good health cookbook could help you in understanding various interesting ways to healthy cooking. Even with the same kind of diet you eat, you can conjure up some very delicious healthy dishes. Yes, it is all very much possible. You can modify your eating habits to a large extent, while at the same time taking care of your palate.

The fact is that the weight loss industry is responsible in a very significant way toward this downfall of the developed human race. They need to keep selling their Atkinses and Jenny Craigs and Zones and Medifasts and for that reason the media never tells you how we can actually take things in your own hands. They show us glitzy before-after pictures of a guy with a foot-long pannus and then the same guy with six pack abs and tell us that the diet made that possible.

But the fact is, if we were to take things in our own hands, we could very easily do that too, without needing to spend thousands of dollars on getting those diets. And what do we have to do? Two basic things:-

- Control what we eat.
- Indulge in physical exercise.

Now, is that too much to do? Don't we owe that to our body that has served us so well all these years? Don't we owe that to ourselves and our families?

Throughout this eBook we are going to see how we can eat right and generally modify our diet in order to improve our lives. And that we can do in a very significant manner.

Chapter 3:

What Is an Ideal Diet?

Summary

Eating right is essential. You need to know what the ideal diet is for that.

What Is an Ideal Diet?

Actually speaking, no one can put a finger on what an ideal diet exactly is. Now, if you were to ask someone what a healthy diet is, that could be easily answered. But to know about an ideal diet, you need to see the individual itself. Ideal diets are much related to the kind of lifestyle the person leads, their age, their gender, their level of physical activity during the day and even their geographical region and climate.

The first thing that must be answered here is the level of calories that any person must take. This, of course, varies from person to person, mainly depending on their level of physical activity. The following chart shows different kinds of people, characterized by various things, and the amount of calories that they need during the day, which would constitute an ideal diet for them.

People and Lifestyle	Required Calories per Day
Men leading a sedentary life	2,300
Men involved in high physical activity	3,200
Women leading a sedentary life	2,000
Women involved in high physical activity	2,500
Pregnant women	2,500
Lactating women	3,000
Infants up to a year-old	50, for each pound of body weight

Children between 1 and 10 years	1,000 – 2,000
Teenage boys	2,000 – 2,500
Teenage girls	1,500 – 2,000

Ideal diet depends from person to person, but there are some similarities that apply to every person:-

- The diet should have enough carbohydrates, but not an excess of it. Excess of carbohydrates can cause buildup of glucose in the body.
- Foods fried in oil must be minimally used. There should be just one serving of a fried food per day, if at all.
- Green veggies must be a part of the meal. The general rule is that foods with better colors are more nutritious, though there are some exceptions both ways. i.e., There are foods with no colors that are nutritious (example, cabbage) and foods with colors that aren't (there's a whole long list of them).
- Lean meats should be preferred. It is very harmful to have a meal that is laden with non-vegetarian foods but isn't balanced with vegetables.
- Cooking should be just enough and must retain the natural flavors of the foods. Though spices make the foods taste better, they also destroy some nutrients and hence they should be used stingily.
- Synthetic materials should be completely avoided.

Chapter 4:

Benefits of Eating Right

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