

## Fruits and Vegetables

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We have heard that, once we have heard that there are more than a thousand times. 'Eat your veggies'. Most of us heard this more than anything during our childhood. Everything you could imagine that the child is a little older when you never eat another time. Who needs those things anyway? I hate to break the news to you, but fruits and veggies are a very important part of our diets. You can't live without them. Oh you can, but you will either gain weight or feel like shit in the long run. Go a week without eating any, you will see what I mean. I guess the problem is, we tend to over cook veggies. We cook them to the point that they are either mush, or they do not have the flavor they once had. This is the worst thing you can do to them. If you have a veggie cook, you deprive him everything they good for you. This is very foolish and a waste of money. A person should eat 5-10 servings of veggies per day. I know you have had that pounded into your head while you were at school. It sucks to learn they were actually telling the truth doesn't it? Before you get all the distortions of form, lets talk about how a significant portion actually is. A medium-sized fruit or vegetables is one serving. A medium-sized apple, carrot or banana is one serving. Those 5-10 does not sound too difficult is it not? There are simple ways to get the amount of vegetables that you need. One of them is by preparing the night before. Before you go to bed, peel and cut into slices everything you want to eat the next day. This will not take much time. You might want to invest in a peeler. It does not cost very much. You can always buy, shop, sells cookware. Your business could have. If you can not find it, ask one of the boys camp. They will know whether they carry. An easy way to consume fruit and vegetables, to them, and puts them in small sandwich baggies. Cut, a variety of things and store them in the small bags. You could cut an apple, some carrots and some celery. Keep these on hand at work. When you have a coffee break, they eat instead of rushing to the vending machine to get a bag of snack chips. Keep a salt shaker in your desk or in your locker at work. A little salt will bring out the natural flavor of the veggie and make them more appealing. Think of these as snacks to go. You can keep them on hand if you are going to take a long trip. You can keep them at work, in the ice box for you if you munchies, or, if you want a late night snack. Soups are a great way to get a serving of veggies. You need to watch though, some of the canned soups will have a lot of salt in them. That is the downfall of buying soups that are already prepared. If you can make your own soup, that is great. Also you will cut out any unneeded fat. A small salad is also a serving vegetables. When you go to eat a salad. Make sure you do not open it with bad salad dressing. Go for an oil and vinegar. If you have a place you on how much oil and vinegar you want, that's even better. Easy enough oil on the salad to act against the acidity of the vinegar. You must ensure that you get as many fruits and vegetables as possible. When they are raw, they are the best for your body. Some times during the canning or freezing process, they might cook them slightly. Food can of raw green beans directly from the can. Compare that with a raw green beans, you will see what I mean. I suggest that you eat as much as possible, raw vegetables. If you must boil, blanch them slightly. Simply cook them long enough, so they feel starchy, a raw veggie has disappeared. Certainly not boil them until they are limp and colorless. That deprives them of everything that is worth eating. They eat them healthy, it is a choice that you make. Cooking them to the point that they would be worthless an easy way to get yourself to eat, but your efforts will be wasted. Here are some ways to increase your fruit and veggie consumption. For breakfast put some fruit in with your cereal. This is great, I love doing this. This gives the production a sweet cereals criticize it without a lot of sugar. Also, you can drink a glass of juice with your breakfast. Juice is a great way of 'eating' your fruit. Make sure to get juice with the pulp in it, it is also good fiber. Lunch. Eat salads. Make sure not to load them with bad dressing. Have sticks vegetables with your meal, you also fills. For desert, you can have a piece of fruit. It is a desert better than having an ice cream or something, you will regret it. For dinner I would suggest that you try vegetarian pizza or meals based around veggies. Why not eat some fish and a plate full of greens and corn? You can mix and match things how ever you like it.

The key point is to understand, you have to make fruits and vegetables fun. If you keep fade, we do not want to eat them. So, get a cookbook or a favorite cooking and learn how to eat your fruits and vegetables. You will notice a big difference in how you feel.

by Bassy