

# Module 1: The Perfect Machine


## Topic 6: Healthy Eating Habits

### Introduction

#### Healthy Eating Habits

- Pay Attention to Your Gauge
- Eat Regularly
- Eat High-Protein Breakfast
- Use Supplements Only if Needed

#### Introduction



The better the fuel you place in an automobile, the better it will run. It's important to supply your body with premium fuel, but you also need to regulate how much food you eat.

Click on each tab and find out how to establish and maintain healthy eating habits.

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## Topic 6: Healthy Eating Habits

### Pay Attention to Your Gauge

#### Healthy Eating Habits

Pay Attention to Your Gauge

Pay Attention to Your Gauge



The most basic way to regulate your eating habits is to eat only when you are hungry. Like the gas gauge in a car, hunger is the body's way of telling you that it is in need of essential nutrients. Satisfaction or a feeling of "fullness" is the body's way of telling you to stop eating. It takes approximately twenty minutes for the stomach to tell the brain that it is full. Taking the time to enjoy your food will help digestion and regulate feelings of hunger and satisfaction.

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### Eat Regularly

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#### Eat Regularly



Another important means of establishing healthy eating habits is to eat regular meals. Eating regular meals can keep you remain energized throughout the day. It will also help you avoid eating foods that are full of empty calories.

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### Eat High Protein Breakfast

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#### Eat High-Protein Breakfast



The most important meal of the day is breakfast. Eating a breakfast that is high in protein will help you to maintain proper blood sugar levels throughout the day. Foods high in protein are digested slowly. This causes you to be satisfied longer and keeps blood sugar levels stabilized. Cereals with high sugar content should be avoided. They will eventually make you feel tired and wanting more foods that are high in sugar.

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## Topic 6: Healthy Eating Habits

### Use Supplements Only if Needed

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- Pay Attention to Your Gauge
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- Eat High-Protein Breakfast

Use Supplements Only if Needed



Use Supplements Only if Needed

What about supplements? If the average person is diligent to eat a well-balanced diet, there is no need to take vitamin and mineral supplements. The best source of essential nutrients is food. Food sources contain the correct balance of vitamins and minerals needed for proper absorption and utilization. For example, calcium is dependent upon magnesium for absorption. If you take a calcium supplement but do not balance it out with the right amount of magnesium, the calcium will not be able to be used by the body. When you drink milk, however, the needed amount of magnesium is ingested in order for the calcium to be absorbed.

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There are exceptions. For individuals with special needs, such as pregnant women, menstruating women, and individuals with vitamin and mineral deficiencies, taking supplements may be necessary. Consult a doctor or a nutritionist before taking supplements, especially in high doses. Taking too much of one vitamin or mineral could cause a deficiency of another. The body's metabolic processes are amazingly yet delicately balanced.