

# How to Stay Healthy

It is important to remain healthy especially as you age. Staying fit can add years to your lifespan and will improve your overall well-being. There are so many diet gurus out there that staying fit can seem like a daunting task, but it is really quite simple if you stick to the basics.

## Maintaining a Healthy Diet

1. **Limit packaged foods.** Most pre-packaged foods have unnatural chemical additives and preservatives, and often contain unhealthy saturated or trans fat. It is almost always better to eat food you prepare at home, where you can control the ingredients.
2. **Watch those portion sizes.** Dieticians recommend eating slowly, which helps you recognize when you are full.
3. **Share an entree.** Restaurants often serve food in unusually large portions. Sharing one entree between two people is a good way to ensure proper portion size and save money as well
4. **Eat less meat.** Although it is not imperative to eliminate meat from your diet entirely, reducing the amount you eat will have a positive effect on your health.
5. **Eat more whole grains.** Oatmeal, brown rice, and whole-wheat bread contain fiber, which is essential to a healthy digestive tract. Whole grains also contain B vitamins, which boost energy and metabolism
6. **Snack on nuts, seeds, and legumes.** Nuts and seeds contain vitamin E and other nutrients that aren't readily found in other foods.
7. **Limit processed food.** Processed food increases body fat which can cause obesity. Replace processed food with unsaturated fats, whole grains and fruits and vegetables.