Make Healthy Choices a Snap!

There are so many messages out there about good health. How are you supposed to know which to follow and which to skip? The whole thing can get more than a little confusing.

That stops today.

Make healthy choices a snap with this 3-step guide to improving your health and balancing your lifestyle.

Step #1: Drink Water Instead of Sugary Sodas and Energy Drinks

Your body needs water to survive. It doesn't need soda and caffeine (although it may feel like that sometimes).

Sugary drinks are one of the biggest sources of empty calories in the American diet. Did you know that MyPlate says "It is important to limit empty calories to the amount that fits your calorie and nutrient needs"?

Step #2: Choose Activity Instead of Screens

Too much time spent sitting can increase your risk of chronic diseases like diabetes, high blood pressure, and heart disease.

According to the article "Lack of Exercise is a Major Cause of Chronic Disease" by FW Booth, CK Roberts, and MJ Laye, "Chronic diseases are major killers in the modern era. Physical inactivity is a primary cause of most chronic diseases."

Put a limit to your time in front of screens and choose healthy activities instead! Go for a walk, work in a garden, or take a bike ride. You can even take breaks during the day to stretch your legs, get some fresh air, or just get your blood moving. What will be most fun for you?

Step #3: Choose Fruits and Vegetables Instead of Sugary or Fried Foods

MyPlate asserts, "Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke."

Sugary and fried foods have the opposite effect.

They are usually loaded with solid fats like saturated fat and trans fat, and then they often contain tons of added sugars and sometimes a surprising amount of sodium as well. The exhaustively-researched Dietary Guidelines for Americans maintain, "consuming too much sodium, solid fats, saturated and trans fatty acids, cholesterol, added sugars, and alcohol increases the risk of some of the most common chronic diseases in the United States."

Choose fruits and vegetables instead of those dangerous foods.