

skim milk, coconut water, and 100 percent fruit juice.

WATCH PORTIONS

To stay healthy, one must also watch the amount of food intake per meal to make sure the intake is balanced. Avoiding sugary drinks and cutting back on salt is also an important part of 'portion control.'

Choosing healthier snacks and at least two fruits a day is advisable. Balancing the portion size of carbohydrates and protein plays a vital role when trying to lose weight.

GET MOVING

Regular physical activity is a must for any individual who is trying to stay fit and healthy. Regular exercise helps to achieve a fit body and also strengthen and build muscles.

It also helps you to burn more energy at rest, it keeps your heart, lungs, and bones healthy and strong.

There are quite a lot of health benefits if you follow clean eating; eating good food will make both your body and mind healthy.

Some visible benefits include:

- Glowing skin
- Lustrous hair
- Better sleep
- Loss of body fat
- Increased energy
- Maintaining cholesterol and blood sugar levels
- Feeling full rather than starved
- No side effects on health

• Not having to buy expensive packaged food

• Decreased risk of diabetes and heart disease

• Metabolism boost

Also, do remember to stay hydrated as much as possible, treat yourself with fruits smoothies, vegetable juices and lots of water (eight glasses minimum) in a day. Pre-plan your meals and do grocery at least once a week.

Remember, if you have unhealthy food at home, you will end up having those, so store good food, veggies, nuts, oats and pulses at all times.

SAMPLE MEAL PLAN OF CLEAN EATING

Breakfast: 1 glass warm lemon water, 1 glass of chia soaked water, 2 egg white, scrambled, and 1 cup oats porridge

Snack: 1 cup green tea, 1 apple and 1 carrot

Lunch: 2 glasses of water 15 minutes before lunch, 1 cup beans salad with boiled vegetable, 250g chicken breast grilled, and 1 glass orange Juice

Snack: 1 cup green tea, handful of nuts, and 1 banana

Dinner: 2 glasses of water 15 minutes before dinner; oats vegetable khichuri with chicken curry, and 1 cup milk (three hours) before bed.

Photo: Collected

