

Ultiself Healthy Eating Routine

Eating healthy is the most effective way to take care of yourself. Don't let your unhealthy eating prevent you from achieving everything you want.



Consume Healthy Fats - Monounsaturated and polyunsaturated fats help you decrease your cholesterol level and get the energy you need.

ACTION - Eat regularly foods like avocados, almonds, hazelnuts, seeds, salmon, and tuna.



Cruciferous Vegetables - Cruciferous vegetables include essential nutrients like folates, vitamins E, C and K, and beta-carotene.

ACTION - Add vegetables like arugula, turnips, cabbage, radishes, broccoli, to your daily diet.



Hydrate - Water is essential for the functioning of every cell, fluid, and reaction in your body.

ACTION - Drink 2-3 liters of water spread consistently throughout the day to stay hydrated.



Minimize Sugar Consumption - Added sugars lead to weight gain, chronic obesity, diabetes, and heart disease.

ACTION - Decrease the amount of added sugar in your diet.



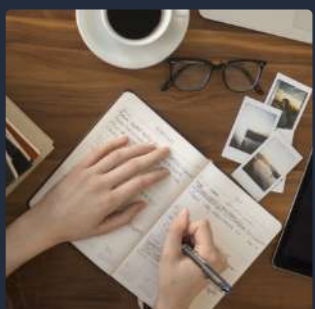
Take Probiotics - Probiotics contain living microorganisms that help keep the gut microbiota in good condition.

ACTION - Eat foods with probiotics or a supplement regularly.



Cooking - Home-cooked meals decrease up to 28% de likelihood of overweight and excessive body fat.

ACTION - Regularly cook your own food.



Journaling - Keeping track of your diet, the changes you make, and your physical activity can strengthen your new eating habits.

ACTION - Journal regularly the changes in your diet and the effect it has on your overall health.