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How to Eat if You Want Better Sleep Research bears out what our grandparents said: Don't eat too close to bedtime if you want to sleep well. Plus other recipes for a solid eight hours
If eating before bed is bad for you, why do people feel tired after eating a large meal? I've heard people say apparently if you eat before bed, it impacts digestion, which impacts quality of sleep. If that's the case, then why do many people including me always feel tired after lunch or having a heavy meal.
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10 Easy Ways to Start Eating Better Right Now 1. Eat a vegetable at breakfast. Look around at your fellow diner patrons' plates the next time you go out for breakfast. 2. Have (just a little more) protein at breakfast. Research shows that 30 grams of protein during a meal helps you build... 3. …
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Here are a few ways you can start to eat better mi-nus any diet drama: Eat one-quarter, one-third, or one-half of your plate in whole foods. If you are completely new to healthy eating, begin aiming for one-third of one meal per day. Don't let the sheer simplicity of this suggestion discourage you, anything above your baseline IS progress!
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How to Eat Better Create a Healthy Dietary Pattern. Make smart choices and swaps to build an overall healthy eating style. Watch calories and eat smaller portions. ENJOY: vegetables, fruits, whole grains, beans, legumes, nuts, plant-based pro-

teins, lean animal proteins, skinless poultry, fish *10 Simple Ways To Start Eating Healthier This Year*

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Aim to add a source of protein to each meal and snack. It will help you feel fuller for longer, curb cravings and make you less likely to overeat. Good sources of protein include dairy products,...
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"To lose weight, just eat more REAL food." "Just eat less fast food and junk food." "Try to eat more organic vegetables watered by unicorn tears, farm--to-table meals served by centaurs, and kale omletes made with eggs from chickens that you raised since birth." Okay so maybe people don't say the last one.
Emphasize fruits and vegetables in your diet. They are healthier and less calorie-dense than many other foods. Fresh is best, but canned foods can help stretch a thin budget. Choose whole grains for

your carbohydrates.
Eat whole grains more often Choose whole grains like brown rice and whole--grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients. Learn what is in foods
10 Easy Ways to Start Eating Better Right Now

How to Eat if You Want Better Sleep - WSJ
Eat at Least Three Kinds of Nutrient-Dense Food at Each Meal. Don't eat just one food per meal, such as a bagel for breakfast. Add two more foods: peanut butter and low-fat milk. Don't choose just a salad for lunch. Add grilled chicken and a crusty whole grain roll. For dinner, enjoy pasta with tomato sauce and ground turkey.
How to Eat Better is a bit like a cook book but instead of just reeling off recipes, it features detailed and scientific explanations of how these foods help to keep you healthy and how you can maximise the health benefits of the foods you eat.
Eating them in large amounts is linked to obesity and other diseases. Bottom Line: Basing your diet on whole foods is an ex-

tremely effective but simple strategy to improve health and lose weight.

How to Eat Better strips away the fad diets, superfood fixations and Instagram hashtags to give you a straight-talking scientist's guide to making everyday foods far healthier (and tastier) simply by changing the way you select, store and cook them. No diets, no obscure ingredients, no damn spiralizer, just real food made better, based on the ...
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