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World Health Organization, the healthy life of the investigation report shows that of 191 countries: the average life expectancy of our residents has reached 71.8 years, but healthy life expectancy is only 62.3 years old, ranked 81, compared with at the first Japanese full differential a! This means that a lot of people the last decade spent in struck by. Unhealthy diet is one of the main reasons. Of nutritional blindness far more than the illiterate, a conservative estimate, more than 60 percent of family meals with the unscientific and irrational, nutrition, there are many problems.

1, three meals a day with the unreasonable, breakfast eating night snacks

A lot of family meals with the unreasonable. Eat breakfast monotonous and less variety, and even the way to cope with in the street to buy some young people and students do not eat breakfast; mostly Chinese food to buy fast food for lunch, or simply to do to deal with; dinner is often very rich; there are a lot of people eat the habits of the supper. Over time, health is far away from you!

Recommendations: try to eat breakfast, to be rich in species; lunch meat and vegetables in half, eat to be in sufficient quantities; dinner and more prime meat and less, simple moderation.

2, the staple food of food is too refined, eat whole grains love flour and rice

Due to the delicate taste like white rice noodles, a lot of the southern city residents do not want to eat coarse grains. Some people in order to control weight, and rarely eat staple food. In fact, cereal is the main source of human energy.

Recommended: proper eating millet, corn, buckwheat, oats, barley, beans, potatoes and other coarse grains, and low machining accuracy of the rice, intestinal health, can reduce the risk of cardiovascular disease and cancer. Day is best to eat whole grains and potatoes of the two 2 more whole grains.

3, not enough fruits and vegetables, milk, soy consumption less

The average Chinese residents ate only half a catty of vegetables, and light-colored vegetables, and fruit eating only a two or so, still far from the recommended amount of 1 kg per day of vegetables and half a catty fruit. Milk, soy intake is very little, residents of large cities less than 100 ml milk daily, eating less than 20 grams of soy.

Advice: Eat more green, red, yellow, purple and dark vegetables and leafy vegetables, eat 1-2 kinds of fruit, to encourage the purchase of fresh, local, seasonal food. Every day at least half a catty of milk, eat more soy.

Cooking heavy flavor unscientific, oil, salt intake exceeded

Many families cooking and flavors, like cooking with fried fried way. Edible oil consumption is an average of more than 45 grams a day, more than 10 grams salt, much higher than recommended by the Chinese Nutrition Society, 25-30 grams per day and 6 g. Excessive intake of oil, salt will increase the risk of heart disease and hypertension.

Suggestions: cooking by steaming, boiling, stewing; less fried, fried, smoked; eat salted products, butter products, reduce the soy sauce and chicken consumption. Cooking vegetables be washed

before cutting, emergency fire fried foods, salad vinegar, stir-fried without alkali.

Preference for the supermarket to buy cooked food, soup spoil lost the essence of

Cooked food in the supermarkets than higher salinity, not suitable for long-term consumption, but not suitable for children to eat. If the cooked meat a pink color, is the addition of nitrite. Informal enterprises and products can be eaten in moderation, but a lot of cooked food on a small scale production is difficult to accurately control the amount of nitrite. Many people like to drink soup, puts food discard actually nutrients in the soup is very little nutritional essence or in the slag.

Recommendation: Try to eat commercially cooked food, or with fresh vegetables. Soup to eat the residue.

Concern about food acid-base, I believe that food will g

Many people believe that acidic body is the source of sickness, and not dare to eat acidic food. Most of the animal foods and cereals, some nuts and legumes, as well as onions, garlic, mushrooms, etc., phosphorus and sulfur at high concentrations, the chemical is acidic foods; alkaline food is low calorie vegetable foods (such as most vegetables, fruits, seaweed, tea, wine, etc.). In fact, acidic foods will not cause acidic. There are a lot of people believe that the food between the g.

Recommendation: food choices do not concern the acid-base properties, but rather miscellaneous and full; food grams, mostly repeated the baseless assertion nonsense.

7, snacks selection irregularities, wine and beverage popular

Many people like to eat fried, sweet, salty, and the color is too bright, too rich flavor snacks. Casual gatherings, the computer in front of the TV, often unconsciously snacking excessive; like sugary, carbonated drinks and alcoholic beverages are accustomed to heavy drinking at dinner.

Suggestions: snacks between meals eat the right amount, multiple choice fresh milk, fruits and vegetables, nuts and other natural snacks, preferably individually wrapped. As far away as possible from an unusually good taste (such as a particularly crisp, flaky, chewiness, etc.) of food. Try to not drink carbonated beverages, and alcohol consumption to be limited.

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