

Let's eat something healthy!

Now people pay more and more attention to food diet, so what kind of food is healthy? Which are not so good for our body? In this story, we will introduce the following five kinds of healthy food to you:

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Eat This, Not That! This story has rounded up five of the most underappreciated and undereaten foods that can instantly improve your diet. Make a place for them on your plate, and you'll gain a whole new respect for the health benefits they bestow—from lowering blood pressure to fighting belly fat. And the best part? You'll discover just how delicious health food can be.

• Celery

Per large stalk:

- * 10 calories
- * 0 g fat (0 g saturated)
- * 51 mg sodium
- * 1 g fiber

This water-loaded vegetable has a rep for being all crunch and no nutrition. But ditch that mindset: Celery contains stealth nutrients that heal.



Why it's healthy

"My patients who eat four sticks of celery a day have seen modest reductions in their blood pressure—about 6 points systolic and 3 points diastolic," says Mark Houston, M.D., director of the Hypertension Institute at St. Thomas Hospital, in Nashville. It's possible that phytochemicals in celery called phthalides are responsible for this health boon, since these compounds relax muscle tissue in artery walls and

increase bloodflow, according to nutritionist Jonny Bowden, Ph.D., author of *The 150 Healthiest Foods on Earth*. And beyond the benefits to your BP, celery also fills you up with almost no calories.

- **Seaweed**



Per Tbsp, dried:

- * 20 calories
- * 1 g fat (0 g saturated)
- * 73 mg sodium
- * 4 g protein

While this algae is a popular health food in Japan, it rarely makes it into U.S. homes.

Why it's healthy

There are four classes of seaweeds—green, brown, red, and blue-green—and they're all packed with healthful nutrients. "Seaweeds are a great plant source of calcium," says nutritionist Alan Aragon, M.S. They're also loaded with potassium, which is essential for maintaining healthy blood pressure levels. "Low potassium and high sodium intake can cause high blood pressure," Bowden says. "Most people know to limit sodium, but another way to combat the problem is to take in more potassium." (Here's a cool hint: You can buy sheets of dried seaweed at Asian groceries, specialty health stores, or online at edenfoods.com. Use a coffee grinder to grind the sheets into a powder. Then use the powder as a healthy salt substitute that's great for seasoning salads and

soups—certainly beats the heart-harmful salt in any of these 20 saltiest foods in America.)

▪ Scallops

Per 1 ounce, steamed:

- * 31 calories
- * 0 g fat (0 g saturated)
- * 74 mg sodium
- * 6 g protein
- * 111 mg Omega-3 fatty acids

Perhaps these mollusks are considered guilty by association, since they often appear in decadent restaurant meals that are overloaded with calories. (But then again, so does asparagus.)



Why they're healthy

Scallops are more than 80 percent protein. “One 3-ounce serving provides 20 grams of protein and just 95 calories,” says Bowden. They’re also a good source of both magnesium and potassium. (Clams and oysters provide similar benefits.) Try them: It’s a fast, easy way to prepare them.

▪ Lentils

Per cup:

- * 230 calories
- * 1 g fat (0 g saturated)
- * 16 g fiber
- * 18 g protein

It’s probably no surprise that these hearty legumes are good for you. But when was the last time you ate any?



Why they're healthy

Boiled lentils have about 16 grams of belly-filling fiber in every cup. Cooked lentils also contain 27 percent more folate

per cup than cooked spinach does. And if you eat colored lentils— black, orange, red—there are compounds in the seed hulls that contain disease-fighting antioxidants, says Raymond Glahn, Ph.D., a research physiologist with Cornell University. Use them as a bed for chicken, fish, or beef—they make a great substitute for rice or pasta.



▪ Dark Meat

Per chicken drumstick:

- * 112 calories
- * 6 g fat (2 g saturated)
- * 14 g protein

Sure, dark meat has more fat than white meat does, but have you ever considered what the actual difference is? Once you do, Thanksgiving won't be the only time you "call the drumstick."

Why it's healthy

"The extra fat in dark turkey or chicken meat raises your levels of cholecystokinin (CCK), a hormone that makes you feel fuller, longer," says Aragon. The benefit: You'll be less likely to overeat in the hours that follow your meal. What about your cholesterol? Only a third of the fat in a turkey drumstick is the saturated kind, according to the USDA food database. (The other two-thirds are hearthealthy unsaturated fats.) What's more, 86 percent of that saturated fat either has no impact on cholesterol, or raises HDL (good) cholesterol more than LDL (bad) cholesterol— a result that actually lowers heart-disease risk. (The kind of fat you should really be

afraid of is trans-fatty acids. Avoid any items on our list of the trans-fattiest foods in America). As for calories, an ounce of dark turkey meat has just 8 more calories than an ounce of white meat.

What is the most healthy food in Asia?

According to Forbes recently, Japanese food is rated as the most healthy, the third is Chinese food, Korean food ranks fifth. But you may want to know what is the most healthy food in each country? Here, I'd like to introduce them one by one. Let's have a look.

By: Lin Xue 120112102 Class2

Food is a kind of culture, local food inherit the essence of traditional culture. Each country has its representative food, healthy and delicious. When you visit one place, the first thing you might think about is the local food there, isn't it? Now, let's travel around the Asia to enjoy the most healthy food in three countries!

China: China tea

Tea is the most special dietary element for Chinese, it's also recognized worldwide as one of the most healthy drink, which has a high nutritional value and helps with many diseases, such as hypertension, hyperlipidemia, etc. Based on



the analysis, tea contains more than 300 kinds of possibly bioactive chemicals, such as protein, theine, carbohydrate, vitamin, tea polyphenols and amino acid, which is indispensable of human bodies. Drinking tea also help us keep fit, protect our eye-sight, prevent from aging, lower blood pressure, etc. It is said that green and black tea may protect against cancer and cardiovascular disease. That is amazing! A study led by Dr Kashif Shafique of Glasgow University found a 50% greater risk of cancer among men who drank more than seven cups of tea a day, compared to those with lower tea intake. According to the experiment, individuals who consume between 5 to 10 cups of tea per day have a lower risk of cardiovascular disease. If you want to know more about Chinese tea, please click [here](#)!



Japan: Sashimi

Sashimi is a Japanese delicacy consisting of very fresh raw meat or fish into thin pieces, which originate from the traditional method of harvesting. It's famous for its

fantastic shape, fresh material, delicious taste. What's more, it always be considered as the first course, presented with rice and miso soup in separate bowls. Sashimi is the most delicate dish, and you should eat it first in case other strong flavors affect the palate. Fresh sashimi can strengthen body resistance and it has really high nutritional value, it contains rich protein, vitamin, micromineral, etc. Besides, Sashimi is delicious as well as low-fat. If you want some recipes of sashimi, please click [here](#)!

Korea: Kimchi

Kimchi is mostly based on vegetables, with some fruit, sea food, meat as ingredient. It has many functions, such as losing weight, promoting digestion, etc. First and foremost, Kimchi is low-calorie food helping maintain dietary nutrition balance, it is rich in cellulose, vitamin, a variety of minerals, carbohydrates, amino acids, protein, fat and other nutrients.

Secondly, it can produce lactic acid to promote the digestion of nutriment and improve bowel function.

Lactic acid bacteria takes advantage of sugar fermentation to produce lactic acid, acetic acid, probiotic acid and butyric acid and other organic acids.

What's more, Kimchi helps reduce serum cholesterol levels and blood lipid levels. Kimchi can deter many diseases, such as diabetes, hypertension, tumour, osteoporosis and so on.

Last but not least, it can help lose weight, Korea experts found that not only Kimchi contain a variety of vitamins, minerals and amino acids which is human body need, but there



are obvious effect of losing weight. If you are interested in Kimchi, please click [here!](#)

All the food mentioned above is healthy as well as delicious, you can choose by you own taste. In a word, eat healthy, live healthy!

Amazing: 5 ways to lose weight!



Do you want to keep fit and slim? Do you want to lose weight

just by eating food healthily without chemical medicines, surgery or high intensity exercise? It is not a dream. Here, I'd like to introduce 5 effective ways to help you lose weight more safely and efficiently. In a word, let us eat food healthily and lose weight happily!

By: Lin Xue 120112102 Class 2

Are you worrying about the flab in your cute belly? Are you anxious about the jeans you're no longer fit into? Do you want to attract more attention in summer streets? If your answer is ' yes ', then you may make up your mind to lose weight. The beginning always be tough. You may try chemical medicines even liposuction surgery, but does it worth? Maybe not. You may be intended to work out, but that doesn't always work if you don't have scientific methods. It could make you eat more and become fatter and fatter. You may benefit a lot if you follow the tips given as following.

1. Don't skip meals.

You should eat 3 meals a day normally. Eating less doesn't mean that you can lose weight easily. The point is how many calories you consume and how many you absorb. If the former more than later, then you have a chance to lose weight, or you may be fat again. All in all, skipping meals is not a wise choice.

2. Keep a food journal.



It is good for you to have a record for what you eat everyday,

which is more convenient for you to calculate their calories. It's also a good way to supervise oneself and prevent us from high calories diet.

3. Don't guzzle calorific drinks.

Not only cakes, chocolate and biscuits, but also improper drink can make you fat. Water is free from calories, fat, sugar, salt and additives. A 250 ml glass of skimmed milk contains just 83 calories. If you want fruit juice, make sure you're buying juice without added sugar. Anyway, it's quite different from fresh fruit. Stay away from fizzy carbonated beverage, which are packed with calories, and contain a sugar and acid combo which is also harmful to our teeth. It is said that drinking one can of fizz every day may be all that it takes to gain a stone in a year. That is horrible! So, if you are on a diet, lemonade or soda water can be a better choice.

4. Choose fresh and light food and fruit.

People always restrict calories. Actually, if you are on a diet, you'd better absorb 1000-1500 kilo calories which turn out to lose 0.5-1 kilo. Instead of high fat meat, such as pork, beef, you should eat fish or chicken which is low-fat. Bean products also work. Eat more cereal, fruit, vegetables which are rich in fiber, they can make you feel full easily. Furthermore, you'd better eat fresh fruit everyday, fruit and vegetable salad is delicious and healthy.



5. When you are full, stop eating no matter how delicious it is.

Last but not least, delicious food are always attractive, if you want to lose weight, you'd better control yourself, overeating is the enemy of your slimming plan. So just stop and say 'no' to the tasty food if you are full.

Losing weight is a long journey, tough but don't give up, keep going then you will find a beautiful world. No matter you succeed or not, you deserve it! If you want to get more information, please click [here](#)! ☐