

Healthy Eating to Prevent Fatigue | Healthy Eating UK

Do you always feel tired?

Do you fall asleep in front of the TV in the evenings, or as soon as you sit down for long enough?

If so, did you know that you can use healthy eating to prevent fatigue? Just by making some simple changes to your eating habits you could feel better instantly. Eating healthy information and eating healthy plans available
Water:

Your body is 72% water and you lose 1.7 litres every day simply through normal living (eating, breathing, perspiring etc.)

Increasing your water intake can:

- Reduce or prevent fatigue
- Reduce the occurrence of migraines
- Relieve constipation
- Relieve muscular Cramps
- Reduce blood pressure
- Relieve Kidney problems
- Provide moisture for dry skin / dry mouth

We each need to drink between 1.5 and 2.5 litres of water per day; more if we are exercising or losing more water if the temperature is higher.

Some tips on how to change your lifestyle to achieve this:

- Take it one glass at a time; if you drink one glass a day at the moment, try drinking two per day for the next week. As your body gets used to the fact it can have more water, it will ask for more – making it easier for you
- Put water out at meal times – if it is there, you will probably drink it
- Take a 1 litre bottle of water to work – and make sure you drink it
- Keep a bottle of water in your car for when you are thirsty
- Take a glass of water to bed, so you don't need to get up if you're thirsty

Healthy eating to prevent fatigue usually means incorporating higher amounts of protein into your diet. Proteins are an essential source of energy. They help generate and maintain muscle mass and also help control your appetite.

Most of us have insufficient protein in our diets, particularly soy based proteins, which can help reduce cholesterol and don't contain saturated fats.

Protein can be found in the following foods:

- Egg Whites
- Non-fat Cottage Cheese
- Soy products
- Poultry – Chicken / Turkey
- Red Meat, although this also comes with saturated fats
- Ocean-caught Fish
- Tofu
- Beans / Lentils
- Wholegrain Bread / Pasta
- Oatmeal
- Nuts and Seeds

By making some simple lifestyle changes and using healthy eating to prevent fatigue, you can have more time to enjoy your life.

If you would like advice on how you can use healthy eating to prevent fatigue, or are interested in natural products which could help you achieve a better nutritional balance in your life, visit the Product Pages, call 01229 580220 or email info@wishingwellness.co.uk