

A photograph of a sliced orange and fresh green herbs on a light-colored surface. The orange is cut in half, showing its juicy segments. The herbs are green and leafy, possibly parsley or cilantro. The background is a light, textured surface, possibly marble or a similar material.

6 foods to help you eat healthy

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1.



KALE

Why is kale such a Food superstar and why do I eat it?

Well, cause boy-o-boy is it loaded with almost every vitamin you can think of.

Plus it has a bit of protein and a WHOLE lot a fiber.

My favorite way to serve it is using the tender leaves in a salad.

Dressing the salad about an hour before I plan on eating it and letting the dressing work to tenderize the tough leaves.

BERRIES

Berries, berries berries.

The good for you brain, eyes, skin and hair food.

Berries are so healthy they help you fight free radicals caused by stress. Those little juicy foods are also great for losing weight, because they fill us up quickly, with their high water content while only having a few calories.

I love enjoying mine first thing in the morning on my oatmeal or in a smoothie.

6.



3.



EGGS

An egg is a great natural source of protein. A great way to jump start your metabolism first thing in the morning is to have a healthy protein rich breakfast.

An egg contains 6 grams of protein, so a few in the morning is exactly what you need to get your engine burning and to give you the energy you need to power through your morning.

I enjoy my eggs with a bit of spinach, or sauteed veggies.

WATER

H₂O is such a simple thing, and so important to our bodies. We are made up of 60% water. Think about that... that is a lot of water my friend.

Here is the thing, we know we are suppose to drink it and for some reason it is so hard for so many of us (me included) to make sure we get enough.

How much is enough? About 1/2 gallon. My new strategy? That adorable S'well water bottle to the right. My friend gave it to me as a gift. Smart friend. I love the bottle it is a thermos, travels and is oh-so cute. Makes me drink my H₂O

4.



5.



LEMONS

Why did the lemon cross the road?
He ran out of juice... hehe
A little food humor.
You gotta have a drawer of organic lemons in your refrigerator at all times. Lemons are such a superfood. Great first thing in the morning with some water helps to clean out or digestive system. They have potassium to help us stay strong and nimble. They add a bright freshness to so many recipes, fish, salads, chicken, and veggies

I use lemon juice with olive oil as my salad dressing or to top on my green beans, or broccoli.

SWEET POTATOES

Oh the ugly potato that is so brilliantly orange under its rough exterior.
That orange root veggie is packed with beta carotene, you know the stuff that makes you see through walls.... not really my brother told me that when I was 6, I ate a lot of sweet potatoes when I was 6.
But what he didn't tell me is that it is also great for my bones and my immune system. You know that thing that helps fight infection and disease.
I love sweet potatoes with organic natural maple syrup.

6.





Thanks for eating
healthy
with me.
tag @ahealthylifforme
on instagram
to show me your
healthy eats.

Send any questions
to
ahealthylifforme@gmail.com

a healthy life for me