How to make your daily menu healthier

Robust alimentary system is a key to a healthy body. The majority of illnesses are directly connected to digestion. The good news for you is that you can improve the state of your health changing your eating behavior. And here are 4 positive habits that will help you to make your daily many healthier. And more tasty, for sure!

1. Start your day with a green smoothie

One big glass of a green smoothie with blended fruit and leaf vegetables starts your digestive system softly and gives you more energy than any organic juice. Lettuce, parsley, spinach, celery and other green vegetables are highly rich with chlorophyll. And its chemical composition is allied to hemoglobin of human blood. When you drink smoothie, 100% of nutritional agents and vitamins penetrate into your blood directly enriching all the cells of your body.

Green smoothies will help you to reduce sugar and solve digestion issues. You need only 5-10 minutes to blend this healthy smoothie, you can take them away and enjoy your healthy energy drink anywhere.

Here are several tasty recipes of green smoothies:

1. Spinach

Parsley

Banana

Apple

Water

1. Kale

Orange

Lemon Juice

Water

1. Celery

Kiwi fruit

Pear

Water

1. Drink water

Surely, you know that human body involves around 75% of water. Not juice, soda, tea or coffee, but water. Water is a source of energy and a conductor of nutritional agents and oxygen. It clears organism from toxins and helps to balance weight. Also, drinking pure water helps to improve digestion, level down arterial blood pressure, release joints from pain and overcome headache.

It is healthy to drink your first glass of water in the morning right after you get up. Add some fresh lemon juice and organic honey to prepare a smooth cleaning and energizing cocktail. During the day remember to drink 6-8 glasses of water but don’t drink it right before or after your meal. If you take some liquid together with food, it dilutes gastric acid and strains your stomach. Try to drink water 30 minutes before and 45 minutes after you eat any food.

1. Stock up with healthy snacks

When you have enough free time, buy healthy snacks and put them in small plastic bags or containers to take them away during the whole week.

To start with, it is not helpful for your body to starve during the day (it is not the case of therapeutic fasting, of course). When you are hungry, this feeling disturbs you, you are not productive and you become prone to overnutrition. You run to the nearest shop to buy something sweet, salty, some fast food... Be sure, that your stomach will be grateful for healthy delicious snacks you feed it during the day.

Here are some ideas of healthy snacks:

* Fruit (banana, apple, orange, pear, melon etc.)
* Dried fruit (banana crisps, dates, dried plums, dried apricot, etc.)
* Nuts (cashew, hazel-nut, almond, walnut, etc.)
* Vegetables (carrot, cucumber, celery, bell pepper, cherry tomato, etc.)
* Berries (grapes, cherry, raspberry, strawberry, huckleberry, etc.)
* Wholegrain crispbread or sticks
* Rice cakes
1. Eat more fruit and vegetables

Make an experiment: substitute your side dish or even whole course for a fruit or vegetable salad with much greenery. The goal is to increase the amount of products that alkalize your body. Why is it so important?

It is crucial to trace the balance of acid and alkaline products we consume because all the processes in our body are connected with acid-alkali factors. Each product has a definite acidity or alkalinity level. And our body works hard to support the acid-alkali balance. When this balance is broken, we start to feel sick.

You can make a detailed diagnostics to determine the state of your health, but there are several common signs that allow indicating that your body is overacidified:

* often viral, bacterial and fungal diseases;
* issues with bones, joints and fiber bands;
* peccant teeth and gums;
* tumors;
* arterial hypertension;
* obesity;
* uncaused apathy.

The solution to be healthier is simple: increase the amount of alkaline products and decrease acid food. The most alkaline products are fruit, vegetables and berries. While the most acid are processed and sugary products, meat, fizzy drinks, eggs, fish.

You can have a look at a [detailed table with acid and alkaline products](http://greenopedia.com/wp-content/uploads/Alkaline-Acid-Food-Chart-Printable.pdf) to plan your healthy diet.