

Published based on [Why Is Eating Healthy Important](#)

Why Is Eating Healthy Important

A non-profit organization called the International Food Informational Council asked the question of us US citizens, "Why is healthy eating important?"

[Why is Eating Healthy Important? - You'll Be Surprised](#)

They just released the result of an all-inclusive survey they conducted to gauge the opinion of us in the United States on issues related to health and nourishment. When they asked if we would list some of our most urgent health concerns, 46% of us said heart disease, 32% of us said weight, and 22% of us asserted cancer were our biggest concerns.

It is striking that the benefits of healthy eating include a significant decrease in risk for all 3 of these conditions, as well as other serious health problems that concern many folks. This is heart healthy eating, eating whole foods that we are talking about and the [National Institutes of Health](#) has lots of research about how we eat and should eat.

This is a fact that the majority are now mindful of - 76% of the people who answered to this survey expressed their belief in the health benefits of healthy eating. But when asked why they didn't eat healthy foods more frequently, most cited cost, taste, and availability as the reasons why they weren't eating more healthy foods. Maybe we actually don't care about the answer to that easy question - why is eating healthy important?

Superfoods to the Rescue

One excellent way to have the benefits of simple and healthy eating is to eat supposed superfoods, which are nutritionally dense foods that deliver inspiring packages of health-preserving and disease-resisting nutrients like anti-oxidants, vitamins A, C, and E, potassium, mono-unsaturated fats, and Omega-3 fatty acids. Because many of these foods are fiber rich, which can fill the stomach, the advantages of a healthy diet can also include weight reduction. That's right. You can actually lose weight which improves your chances against the other two of the big three; cancer and heart disease. However it doesn't stop there. Eating whole foods helps you:

- Feel better about yourself
- Economize (you read that right, it's less expensive)
- Find out about your health
- Set an example for your folks
- Sleep sounder (you read that right too)
- Improve the environment (it's generally cleaner for the planet - less packaging and processing chemicals)
- Make a new, delightful, easy to prepare menu

Perhaps this helps to answer the issue of why is eating healthy important, but it is also important to know how to do it.

To enjoy the benefits of heart healthy eating, here are simply a few of the very best superfoods:

- Reduced fat plain yogurt
- Nuts
- Quinoa
- Broccoli
- Sweet potatoes
- Eggs
- Kiwis
- Berries
- Salmon

- Beans

From among these decisions and other superfoods available, you can make a fantastic and exciting new, super-healthy menu for your whole family. You'll save money if you shop smartly and your meals will deliver all the benefits of healthy eating. I mean, now you know that simple beans are a superfood, is there anything simpler, cheaper and more available than good, ol' beans?

It's really simple. Just begin slow by substituting superfoods for less healthy foods, meal-by-meal, snack-by-snack, you'll enhance your diet, your vitality, your checking account and your world. This isn't some hype from your local farmer's to get you to eat more vegetables, this is scientific, super-health just waiting for you to make one or two easy, gradual changes to how you shop, cook and eat. Heart healthy eating, eating whole foods is about more than you. And we haven't even touched on some important supplements, herbs and spices that we are finding are super-duper superfoods!

What you eat is very important, yes, but it's only one part of your total super health process. Get the rest of the info you need and expert people to guide you toward healthier living solutions and find all the answers to [why is eating healthy important?](#)

Healthy foods are delicious, cheap, and convenient, and the advantages of healthy eating are accessible now at your local greengrocer, farmer's market and supermarket. What are you waiting for? Let's go get more fit.

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