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Forget Fast Food

You have surely heard the negative effects that fast food can have on your overall health. Sometimes, you may ignore these in exchange for convenience. Learn proper planning during the downtime you have available throughout the week to help you get back on a healthy diet.

After ditching fast food, you will quickly notice significant changes in how you feel overall. It tends to be highly processed and contain high levels of carbohydrates, unhealthy fats and salt.

High numbers of calories also come with the fast-food territory. These calorie levels are often met with little or no nutritional value for your body.

PLAN AHEAD A WEEK'S MEALS

A busy workweek can throw you off when it comes to eating healthier. Take

advantage of your weekend by picking a few hours to create healthy, low-fat meals that can be easily prepared.

A slow cooker can be your best friend when it comes to completing this task. You also can prepare a dish that will hold up well in the freezer and portion it out for meals throughout the week.

HEALTHY ALTERNATIVES TO CURB HUNGER

Another healthy eating tip is to always have pre-cut vegetables and

fruit at the ready. When the urge for a quick snack arises, having these options already prepared will reduce the likeliness of going to a drive-through for a quick fix.

In addition to fruits and vegetables, invest in healthy nuts, such as almonds. Almonds are packed with healthy unsaturated fats that will leave you feeling fuller longer, while promoting cardiovascular health.

Another easy snack to have around is easy-open cans or pouches of tuna. A can of tuna's shelf life is about three

years and is packed with omega-3 fats that can reduce cholesterol.

WHY AVOID FAST FOOD?

The American Diabetes Association reports that an average fast-food meal contains more than 1,000 calories and may increase your blood sugar above your target range.

In addition to increasing your chances for diabetes, fast food contains high levels of sodium that will heighten your risk factor for blood pressure issues.