

# 11 Signs Of Unhealthy Eating Habits



Get Your Diet  
Under Control Today

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## THE ROLE OF FOOD

Food is intended for the human body as sustenance and nutrition. And that is the only reason we have to eat. Food is meant to provide essential nutrients that work to support internal bodily processes and nurtures our major organs. It provides us with energy and is essential for the proper physical development of children.

Somewhere along the way, People have seriously lost touch with this fact. Of course, the endless rows of goodies at the supermarket, and unlimited choices of junk food have not helped us in any way. Healthy eating still eludes many of us, as many



countries struggle with obesity. Obesity and poor lifestyle choices are the leading cause of premature death from conditions like diabetes and heart disease that result from them.

# CONSEQUENCES OF POOR NUTRITION

## Obesity

**Obesity is at epidemic levels in the US. According to the Centers For Disease Control:**

- More than 36% of adults age 20 or older were obese in 2014
- 17% of children in the U.S. Were obese!
- The prevalence of obesity was higher in women (38.3%) than in men (34.3%).
- The prevalence of obesity was higher among middle-aged (40.2%) and older (37.0%) adults than younger (32.3%) adults.

Children as young as 5 years old are being diagnosed with obesity, which may be the biggest tragedy of all.

**According to the Centers For Disease Control:**

- Obesity rates have more than doubled in children and quadrupled in adolescents in the past 30 years.
- In 2012, more than 1/3 of children and adolescents were overweight or obese.

The causes of excess weight gain in young people are similar to those in adults, including factors such as behavior and genetics.



## OTHER CONSEQUENCES

Of course, poor eating habits put you at risk for more than just obesity because when the body does not have proper nutrition, it may be subject to other serious health risks.

## Hypertension

The National Institutes of Health advises that hypertension (high blood pressure) can result from poor nutrition. Hypertension is often diagnosed until it damages the body beyond repair. Too much salt, sugar, and fatty processed food can cause hypertension.

## Stroke

Experts advise that foods high in salt, cholesterol and fat increase chances for stroke. Strokes occur when plaque builds up in a blood vessel and then breaks free when a clot travels to the brain and creates blockage. Stroke can result in paralysis and death.

## High Cholesterol

Poor nutrition leads to high cholesterol, which is the main cause of heart disease, the #1 killer of Americans. More than 500,000 people die each year in the US from heart disease, typically caused by a high fat diet. Some of the culprit foods are excesses of beef, sweets, ice cream, and processed high fat foods.

## Gout

Gout is condition where uric acid buildup creates crystals in the joints. It is painful and leads to permanent joint damage. Poor nutrition is a contributing factor to gout. Foods high in uric acid include whole milk, cheese, ice cream and some seafood.



## Cancer

Experts, like those at the National Institutes of Health advise that poor nutrition is a high risk factor for breast, colon and bladder cancers, just to name a few. A diet that is high in refined sugar, hydrogenated oils, nitrates in hot dogs and bacon, and fatty foods like French fries put you at risk for cancer. Conversely, it is fruits and vegetables that are high in antioxidants that help

protect cells in the body decrease risk for cancer. A diet rich in antioxidants is key to maintaining proper health and preventing a wide range of diseases.

No doubt, you have repeatedly heard that you should eat healthy and which foods constitute “healthy foods,” this information may not be sinking in or it may not be enough. All of us have eating habits, and for many these habits or patterns are not conducive to good health.

Evaluating your eating habits closely is an important step in improving your diet for the better.

## | 11 UNHEALTHY EATING PATTERNS

You may be continuing unhealthy eating patterns without even knowing it. You may need another wake-up call around ways you can eat healthier in order to avoid the complications that come from poor nutrition and poor eating habits:

**Here 11 signs that indicate you are not engaging in healthy eating habits:**

### **1. You Finish Your Meal Before Anyone Else**

If you are the first one done eating at the dinner table, you are probably eating mindlessly and are not savoring your meal in healthy ways.

Chowing down your meal within a few minutes can lead to indigestion and seconds, which can lead to your becoming overweight.

Instead, you should eat more slowly, taking part in whatever conversation is going on around the table. Your hormonal signal to turn off eating takes about 20 minutes so if you finish much sooner than that, you will feel hungry even when you have taken in enough calories, which typically results in eating more food than you really need.



## 2. You Eat Food That Has Been Created In A Factory

Instead of cooking with fresh ingredients, you might be choosing to eat processed foods, which can be high in preservatives and are usually high in sodium (salt) and/or calories. Take the time to cook a meal with fresh ingredients, which are healthier foods. Find a nice selection of home-prepared meals you can put into your own personal cookbook. When you cook for yourself, you know exactly what has gone into making any particular meal and you have the piece of mind that comes with knowing what you put into your body.



## 3. You Shop In The Center Part Of The Grocery Store The Most

If you find yourself going up and down the center aisles of the market, where canned and processed foods are displayed and less or no time in the parts of the store that holds fresh produce, meat and dairy then you may be eating foods that are high in preservatives, salt and sugar and NOT real whole food.



Remember, food that does not need to be refrigerated is usually processed (except whole grains of course). Spending more time in the produce section of the grocery store could lead to eating healthier fruits and vegetables instead of eating unhealthy, processed foods.

#### 4. You Eat Right Out Of The Box Or Carton

If you find yourself eating potato chips right out of the bag or ice cream out of the carton, you are probably not eating the right portions of food and will have a tendency to eat more food than you had originally intended to eat. This is a sure fire way to obesity because you'll be tempted to eat the whole package.



Instead, portion out your foods onto a plate or bowl so that you stop when that portion is gone and save the rest for another meal.

#### 5. You Eat From The Drive Through Regularly

Unless you are ordering a salad every time, which most of us don't, eating from a drive through regularly is not a path to good nutrition.

Most drive through restaurants offer fast food which is greasy, fat filled and loaded with empty calories.



Consider avoiding the drive through and load up on whole food that is food typically made up one ingredient and unprocessed such as fresh fish, chicken, fruits, vegetables, and whole grains

## 6. You Eat In Front Of The TV

When you find yourself drawn toward eating in front of the television, it means you're probably eating mindlessly and not paying attention to how much you're eating or to the signals your body gives you when you're full. This can lead to serious overeating and obesity.



Sit down to your meals (preferably with someone else) and talk, listen to soothing music or to nothing at all. The idea is to focus on your meal and not on something else.

## 7. You Eat A Narrow Variety Of Food

If you just eat the same type and amount of food every day, you stand a good chance of missing some key nutrients in your diet.

Fill your menu with different foods so that you can be sure to get the nutrients you need. Use colorful plates filled with many colors of vegetables and fruit for dessert to get key nutrients from plant foods.



Look at the USDA Food Groups Chart and try to choose foods from each group every day, this is the easiest way to ensure you are eating a well-balanced diet.

## 8. You Eat To Appease Your Emotions

Emotional eating or overeating is always unhealthy and usually happens when people are bored, lonely, tired, upset, stressed, or angry. It always occurs when one is not truly hungry, but is trying to use food to satisfy an emotional need. The food or foods of choice is almost always junk food.



Junk food stimulates pleasure centers in the brain because it is loaded with sugar, fat or factory created flavoring that holds little nutritional value.

Emotional overeating can be a serious problem that can lead to obesity, depression, guilt, and anxiety over the eating itself. This is one of the most serious unhealthy eating habits and plenty of help is available to address the problem.

## 9. You Eat Two Or Less Giant Meals Daily

It is much healthier to eat 5 to 7 small meals each day than to eat two or worse yet one large one. When you eat small meals several times per day you keep the metabolism revved and never let your blood sugars drop. When you starve yourself the whole day and then down a big meal, you put yourself at risk for obesity and you will not maintain optimal energy levels you're your daily activities.

## 10. You Eat More Calories Daily Than You Burn

*This may be the single greatest cause of being over weight.*

The simple formula for weight management and weight loss is to eat less calories than you burn so to create a deficit.

This is true for men and women, and becomes even more detrimental as we age and our metabolism slows naturally.

Online calorie calculators can determine how many calories you need to either lose or maintain weight based on your age, weight, and activity level.



## 11. You Eat In Secret

If you hide food, or eat meals or snack in secret so that your spouse, friends or family don't see you, something is wrong.

It could be that you have a negative association with your eating habits that you want to keep secret or you have some guilt or shame attached to eating. In this case, it is important to identify and deal with the issue, and the help of a therapist may be needed.



## MAKING CHANGES

### The takeaway is simple: Eat To Live... Don't Live To Eat!

Eating healthy is not really so hard if you follow the tips noted above. Healthy eating means eating mindfully and choosing foods that are best for your body.

It's really all about choices, and it's all in our hands. Take the time to evaluate your diet and eating habits. Make the necessary changes before it is too late. Prevention is worth a thousand cures.



Make one small change every week, instead of trying to make drastic shifts where you might feel the biggest impact but have less chance of success. Make a list of all the foods eat and those you need to cut down on in your diet, and then keep reducing one each week.

- ✓ Be mindful of your eating habits and commit to change at least one each week.
- ✓ Ask for help and support from family and friends.
- ✓ Educate yourself on what are healthy foods, and the food groups.
- ✓ Make friends with healthy eaters, they can be your best support and role models for changing bad habits.
- ✓ Keep a list of all the changes you need to make and look it over every day to keep this information at the forefront of your mind.



- ✓ Use positive affirmations to instill a healthier thought process toward food and eating as thoughts and beliefs guide our behavior.

Keep with it and before you know it, new healthy choices and patterns will become habits, just as the old unhealthy ones once were.

**Certainly, these efforts are worth your while to help you enjoy the life you deserve!**