

How to change the world by your eating habit

In 2008, what are your New Year's wishes? Buy a new car or big house, get promotion or earn more money might be the answer for you. But there is new thing that you can do and you can change the world. That is green diet.

As many people struggle of keeping fit, you can actually do it freely without stressful. Green eating is not only help you keep slim and healthy, but also change your family and our world to a better one. Here are some tips for smart eating habits.

1. Shop locally produced food

Do you know that the average mouthful of food traveling 1,400 miles from the farm to our plates? If you shop in your local food stores, you can not only eat fresher but also save energy for transportation. Also, local food is less likely to have post-harvest pesticides which are bad for you. You can find a local farmers' market or a Community Supported Agriculture (CSA) farm. (www.nal.usda.gov/afsic/csa/)

2. Try to make you own food at home

Eat at home is economic and healthy. First, you don't have to overpay the food and waste resource such as labors. Second, if you cook at home, you can try to put less oil and it is much cleaner and healthier. Third, if you cook for your family, you can control the food intake and nutrition. Also, you can ensure your dinnerware is all clean and ready to serve.

3. Eat whole foods

Whole foods are good for your health including vegetables, grains, fruits, beans, nuts or seeds. According to the National Cancer Institute, people should intake five servings of fruits and vegetables a day to protect against heart disease, digestive ailments and cancer.

4. Avoid use dish detergents with phosphates

Try to avoid dish detergents with phosphates, because it will cause water pollution, algae blooms in lakes and ponds leading to the suffocation of aquatic plants and animals. If your dinnerware is not oily, you can use hot water to clean it. Otherwise you can use dishwashing powder or gel without phosphates. You can visit www.seventhgeneration.com for dishwashing products.

About the Author

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