

Healthy Eating PLR Article Samples

Sample #1 - Sticking to Your Diet in Social Situations

In such a food-obsessed society, dieting can be incredibly challenging. This seems surprising because at any given time there are millions of people trying to improve their eating and fitness habits – but if your circle of friends and associates are not some of those people you may have a difficult time staying committed to your healthy new routine.

Social settings in particular are hard on a dieter, as they are faced with high-calorie, delicious-smelling foods and alcoholic beverages. As tempting as it may be to let down your hair and indulge, keep in mind that alcohol can have a detrimental effect on your diet because you are ingesting essentially empty calories that offer zero nutritional benefits. If possible, opt for seltzer water with lemon or lime, or a diet soda if that's your only option.

Sample #2 - 5 Smart Food Choices that Contribute to Good Health

There's no doubt about it; there are plenty of foods that offer little nutritional value for your body – but there are also many foods that have amazing health benefits. Before you assume that these “super foods” are bland, tasteless and uninspiring, think again!

Below are 5 great food choices that can contribute to good health and longevity:

Dark green vegetables

Dark, leafy green vegetables are a good source of fiber, and they are also rich in many vitamins like Vitamin A and Vitamin C, plus many have calcium and iron. They are believed to have cancer-fighting properties too. Try spinach, broccoli, romaine lettuce, or arugula.

Sample #3 - How to Get Started on a Healthy Eating Plan

Sometimes improving your eating habits can seem like the hardest thing in the world to do. Even as you're downing bucketfuls of junk food you know you're not doing the best thing for your body but it feels too overwhelming to do anything about it. This article is going to share a few simple steps to help you get started with little discomfort and bother.

Remove temptation

One of the best first steps you can make is to remove the temptation of junky, high-calorie food from your kitchen. You don't have to throw away all of the foods you enjoy – but at least get rid of the biggest offenders. If you don't want to throw them away, pack them in a box and move them to the basement, or freeze them so you can't eat them mindlessly. If you have to defrost something before you can eat it, you may think twice about whether it's worth the effort.

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