

Published based on [The 8 Ideal Healthy Diets for Everybody](#)

The 8 Ideal Healthy Diets for Everybody

Do you know that the Japanese have the healthiest diets in the whole world? You may notice that Japan has the lowest obesity rate and they live a lot longer than any other nation.

The secret of the Japanese lies behind what they eat. They have a **healthy diet** which mostly consists of natural foods and this is the ideal diet for everyone.

Just like with the Japanese, our diet should be low in fat, calories, and cholesterol and high in fiber. Here are 8 ideal foods and tips that would make us healthy:

1. Rice – it's a great source of protein and carbohydrates. A daily intake of rice is healthy.
2. Lots of fish – fish especially the oily fish lowers the possibility of acquiring diseases and boosts vitality.
3. Soya – they are low in fat and calories but very high in protein.
4. Different kinds of food - Japanese regularly consume 100 various foods per week. Through eating a variety of food, your diet will be well-balanced which means you can have all the essential nutrients that your body needs.
5. Eat in small servings – controlling the quantity of food that you eat will stop you from over eating. Eating slowly is also good as it helps with digestion and nutrient absorption.
6. Always eat your breakfast – breakfast is considered as the most important meal. It will increase your energy and would avoid the feeling of hunger.
7. Never over-cook your food as the nutrients will be lost.

Freshness in foods also plays an important part with eating healthy. Eating fresh food ingredients is one good way of getting all the nutrients that you require naturally

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