

Focus on healthy food intake as a primary fitness goal?

Darla Lel*

Assistant professor in nutrition, Tehran University of Medical science, Iran

Editorial

Fitness Nutrition

The food we eat plays a vital role in how we look and feel. Regular exercise is important but according to research, nutrition has the largest impact on our fitness. Using food as our medicine has become a popular theme for health improvement. The trend is now to focus on healthy food intake as a primary fitness goal. When healthy eating habits become a lifestyle, we are healthier and happier. Eating right can help us reduce body fat, lose a few pounds, feel more confident, and reduce our risk of illness. Frequent studies are indicating healthy food intake as the most important part of our fitness programs. Some physicians are teaching healthy eating habits and lifestyles as a way to improve overall health by reducing obesity and related disease.

Quercetin is a powerful antioxidant naturally occurring in a wide variety of plant foods. In fact, quercetin research indicates it to be one of the most potent antioxidants with numerous health benefits. Many athletes supplement with quercetin to reduce muscle inflammation caused by intense workouts. According to a study published in the International Journal of Preventive Medicine, quercetin supplementation significantly improved athletic performance, increased metabolic rate and lean mass among athletes.

The following foods are a rich source of quercetin:

- Apples
- Onions
- Broccoli
- Berries

Eating foods that stimulate and enhance the fat burning process will help us reduce fat more effectively. Adding metabolism-boosting foods will be a great supplement to your existing workout and nutrition program.

The following foods may increase our metabolism:

- Hot peppers (active component capsaicin)
- Green tea (active component caffeine)
- Black coffee (active component caffeine)
- Cold water (500 ml of water daily increased metabolic rate by 30%)
- Whole grains (aiding component fiber and iron)
- Yogurt (aiding component calcium and probiotics)
- Apples (aiding component fiber)
- Nuts and seeds (aiding component essential fatty acids)
- Fatty fish (aiding component Omega-3 fatty acids)

The following is a list of foods favored by fitness enthusiasts:

- Oats (high in fiber, improves digestion/increases metabolism)
- Eggs (protein source, muscle building)
- Greens (antioxidants, reduces inflammation)
- Apples (antioxidants, reduces inflammation/increases metabolism)
- Lean meats/fish (amino acids, protein source, muscle building)

Nutrient-dense foods, or “superfoods,” include lean proteins, healthy carbohydrates, and fats essential to our health. Superfoods are a rich source of vitamins, minerals, and antioxidants relative to the amount of calories that they contain. Antioxidants are shown to reduce inflammation in our body helping us fight disease and illness. Inflammation is said to be the leading cause of many diseases. Powerful antioxidants in leafy greens and vegetables, for example, help protect out cells from potential free radical damage. Some superfoods contain compounds that increase our metabolism for more efficient fat burning. Red peppers contain a molecule called capsaicin shown to enhance the rate we burn body fat.

***Corresponding author:** Darla Lel, Assistant professor in nutrition, Tehran University of Medical science, Iran, Tel: 23464378; E-mail: leldara8@gmail.com

Received May 18, 2021; **Accepted** May 25, 2021; **Published** May 31, 2021

Citation: Lel D (2021) Focus on healthy food intake as a primary fitness goal?. J Nutr Sci Res 6: e106.

Copyright: © 2021 Lel D. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.