Really, we know how we should eat, but that understanding is continually undermined by hyperbolic headlines, internet echo chambers, and predatory profiteers all too happy to peddle purposefully addictive junk food and nutrition-limiting fad diets. Eating well remains difficult not because it’s complicated but because the choices are hard even when they’re clear. But to lose weight, the preferential focus needs to be on controlling calories in, more than calories out. I keep hearing that lectins are toxic and make weight loss harder. What’s the deal? Do I have to eat grains if I want to be healthy? No, but optimizing your diet, and thus your health, is harder if you exclude whole grains, which are highly nutritious. Healthy Eating Ultimate Guide: Start Eating Healthy Without Being Miserable. By Steve Kamb Last Updated: August 18, 2020. So you want to start eating healthy, eh? Amazing! We don’t need to be told that organic grilled chicken and kale salad is healthier than a Double Whopper with Cheese. We all know this! So rather than trying harder to eat healthier we’re going to use things like “science” and “human psychology” and “excessive quotation marks.” Cool? Here’s what you need to know: If you’re just trying to be healthier and maybe lose some weight, there’s no need to start funneling kale smoothies, mainlining chicken and broccoli, and abandoning your loyalty to the Burger King. You can lose weight and be healthy while still eating these foods occasionally. Start eating well with these 8 tips for healthy eating, which cover the basics of a healthy diet and good nutrition. As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It’s also important for your overall health and wellbeing. Read more about the benefits of exercise and physical activity guidelines for adults. Being overweight or obese can lead to health conditions, such as type 2 diabetes, certain cancers, heart disease and stroke. Most adults need to lose weight by eating fewer calories. If you’re trying to lose weight, aim to eat less and be more active. Eating a healthy, balanced diet can help you maintain a healthy weight. Check whether you’re a healthy weight by using the BMI healthy weight calculator.