

Basic Nutrition 1010

Healthy Eating Tips

Eating healthy can reduce your risk of getting sick and developing chronic diseases like cancer, diabetes, Alzheimer's, and heart disease and increase your chances for a longer, happier life.

Healthy eating can **NOT** just be part of a temporary "diet" or "program." It has to be a way of life.

And the healthy eating tips below will help you understand the basic nutrition concept of using high quality food to achieve high quality health. In other words, you "**Eat to Live!**" So, are you eating healthy now? If not, maybe it's time to start following these eat to live healthy eating tips.

Basic Nutrition

The foundation of basic nutrition is consistency in choosing the healthy macronutrients and micronutrients necessary for your good health.

Macronutrients: Nutrients that provide calories or energy. There are three primary macronutrients defined as being the classes of chemical compounds humans consume in the largest quantities and which provide bulk energy. (Proteins, fats, and carbohydrates)

Micronutrients: Nutrients required by humans and other living things in small quantities in order to orchestrate a whole range of physiological functions, but which the organism itself cannot produce. (Salt, Vitamin A, Zinc, iodine, iron, folate)

Healthy Eating Tips for Macronutrients

The important necessary macronutrients ("big" nutrients) are proteins, fats, and carbohydrates. Since there are good and bad quality choices for each, here are your healthy eating tips.

Proteins:

1. Protein can help you shed those unwanted pounds and keep your belly full. But it's important to eat the right amount and the right kind of protein to get the health benefits. Here are some examples of healthy proteins:
 - a. Seafood:
 - i. Seafood is an excellent source of protein because it's usually low in fat. Fish such as salmon is a little higher in fat, but it is the heart-healthy kind: omega-3 fatty acids.
 - b. White-Meat Poultry:
 - i. Stick to the white meat of poultry for excellent, lean protein. Dark meat is a little higher in fat. The skin is loaded with saturated fat, so remove skin before cooking.
 - c. Milk, Cheese, and Yogurt
 - i. Not only are dairy foods -- like milk, cheese, and yogurt -- excellent sources of protein but they also contain valuable calcium, and many are fortified with vitamin D. Dairy products are a great way keep bones and teeth strong and prevent osteoporosis.
 - d. Eggs
 - i. Eggs are one of the least expensive forms of protein. The American Heart Association says normal healthy adults can safely enjoy an egg a day.

- e. Beans
 - i. One-half cup of beans contains as much protein as an ounce of broiled steak. Plus, these nutritious nuggets are loaded with fiber to keep you feeling full for hours.
 - f. Pork Tenderloin
 - i. This great and versatile white meat is 31% leaner than 20 years ago.
 - g. Lean Beef
 - i. Lean beef has only one more gram of saturated fat than a skinless chicken breast. Lean beef is also an excellent source of zinc, iron, and vitamin B12.
 - h. Protein on the Go
 - i. Grab a meal replacement drink, cereal bar, or energy bar. Check the label to be sure the product contains at least six grams of protein and is low in sugar and fat.
2. Remember to consume protein in your breakfast.
- a. Research shows that including a source of protein like an egg or Greek yogurt at breakfast along with a high fiber grain like whole wheat toast can help you feel full longer and eat less throughout the day.

Fats:

1. There are numerous types of fat. Your body makes its own fat from taking in excess calories. Some fats are found in foods from plants and animals and are known as dietary fat. Dietary fat is one of the three macronutrients that provide energy for your body. Fat is essential to your health because it supports a number of your body's functions. Some vitamins, for instance, must have fat to dissolve and nourish your body. Healthy Fats include:
- a. Monounsaturated fats (Omega-3):
 - i. They are referred to as healthy fats because they do not adversely affect your health and may actually contribute to good heart health.
 - 1. Sources:
 - a. Olive oil
 - b. Nuts
 - i. Almonds
 - ii. Flax Seeds
 - iii. Walnuts
 - c. Fish (certain varieties)
 - i. Wild-caught Alaskan Salmon
 - d. Avocados
 - b. Polyunsaturated fats (Omega-6):
 - i. Eat Polyunsaturated fats in moderation
 - 1. Sources:
 - a. Corn oil
 - b. Safflower oil
 - c. Sunflower oil
2. Harmful Fats
- a. Saturated Fats:
 - i. This is a type of fat that comes mainly from animal sources of food. Saturated fat raises total blood cholesterol levels and low-density lipoprotein (LDL) cholesterol levels, which can

increase your risk of cardiovascular disease. Saturated fat may also increase your risk of type 2 diabetes.

b. **Trans Fat:**

- i. This is a type of fat that occurs naturally in some foods, especially foods from animals. But most trans fats are made during food processing through partial hydrogenation of unsaturated fats. This process creates fats that are easier to cook with and less likely to spoil than are naturally occurring oils. These trans fats are called industrial or synthetic trans fats. Research studies show that synthetic trans fat can increase unhealthy LDL cholesterol and lower healthy high-density lipoprotein (HDL) cholesterol. This can increase your risk of cardiovascular disease.

Carbohydrates:

1. Carbohydrates are starches that our bodies turn into sugar when digested. Some examples of healthy carbohydrates include:
 - a. Fruits
 - b. Vegetables
 - c. Milk
 - d. Nuts
 - e. Grains
 - f. Seeds
 - g. Legumes
2. There are three main types of carbohydrates:
 - a. Sugar
 - i. Sugar is the simplest forms of carbohydrates. Sugar occurs naturally in some foods, including fruits, vegetables, milk and milk products. Sugars include fruit sugar (fructose), table sugar (sucrose) and milk sugar (lactose).
 - b. Starch
 - i. Starch is made of sugar units bonded together. Starch occurs naturally in vegetables, grains, and cooked dry beans and peas.
 - c. Fiber
 - i. Fiber also is made of sugar units bonded together. Fruits, vegetables, whole grains, and cooked dry beans and peas are among foods that are naturally rich in fiber.
3. Despite their bad rap, carbohydrates are vital to your health for a number of reasons.
 - a. Provide energy
 - i. Your body uses carbohydrates as its main fuel source. Sugars and starches are broken down into simple sugars during digestion. They're then absorbed into your bloodstream, where they're known as blood sugar (glucose). From there, the glucose enters your body's cells with the help of insulin. Some of this glucose is used by your body for energy, fueling all of your activities, whether it's going for a jog or simply breathing. Extra glucose is stored in your liver, muscles and other cells for later use or is converted to fat.
 - b. Protect against disease
 - i. Some evidence shows that whole grains and dietary fiber from whole foods helps reduce your risk of cardiovascular diseases. Fiber may also protect against obesity and type 2 diabetes. Fiber is also essential for optimal digestive health.

- c. Controlling weight
 - i. Evidence shows that eating plenty of vegetables, fruits and whole grains can help you control your weight. Their bulk and fiber content aids weight control by helping you feel full on fewer calories. Contrary to what some weight-loss diets claim, very few studies show that a diet rich in healthy carbohydrates leads to weight gain or obesity.

Healthy Eating Tips for Micronutrients

The necessary micronutrients ("little" nutrients) are vitamins, minerals and phytonutrients. These are called micronutrients because you need them in smaller amounts than the basic "big" three macronutrients. But optimal levels of micronutrients are vitally essential to your good health.

Both daily exercise and good quality nutritional supplements can help. Exercise burns calories and supplements help you keep micronutrients high while you keep calories low.

Vitamins:

1. Vitamins are divided into two classes based on their solubility.
 - a. The fat-soluble vitamins include vitamin D, vitamin E, vitamin A, and vitamin K.
 - i. Fat-soluble vitamins contain only carbon, hydrogen, and oxygen.
 - ii. Fat-soluble vitamins can be stored in appreciable amounts in the body.
 - b. The water-soluble vitamins are folate (folic acid), vitamin B12, biotin, vitamin B6, niacin, thiamin, riboflavin, pantothenic acid, and vitamin C (ascorbic acid).
 - i. Water-soluble vitamins contain carbon, hydrogen, oxygen, plus nitrogen and sometimes sulfur.
 - ii. Water-soluble vitamins cannot be stored in the body.
2. Vitamins are necessary in small amounts for normal metabolism and good health. Vitamins and minerals have no calories and are not an energy source, but assist in metabolizing nutrients in food and are invaluable in keeping your body running smoothly. Vitamins make it possible for other nutrients to be digested, absorbed and metabolized by the body. Vitamins are sometimes referred to as the "spark plugs" of our human machine. They are required to do many things and their excess or depletion can lead to acute and chronic disease.

Minerals:

1. Your body uses minerals for many different jobs, including building bones, making hormones and regulating your heartbeat.
2. There are two kinds of minerals:
 - a. Macrominerals
 - i. Macrominerals are minerals your body needs in larger amounts. They include [calcium](#), phosphorus, magnesium, [sodium](#), [potassium](#), chloride and sulfur.
 - b. Trace minerals.
 - i. Your body needs just small amounts of trace minerals. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride and selenium.
3. The best way to get the minerals your body needs is by eating a wide variety of foods. In some cases, your doctor may recommend a mineral supplement.

Phytonutrients:

1. Phytonutrients are natural chemical compounds such as beta-carotene that occur naturally in plants that are believed to have positive benefits on health.
2. For many years, researchers have recognized that diets high in fruits, vegetables, herbs, grains, seeds, nuts and legumes prevent diseases such as heart disease, diabetes, cancer and high blood pressure. They once believed that it was the vitamin, mineral, fiber and enzyme contents of these plant-derived

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foods that were preventing malnutrition and disease. However, in the 1990s, phytochemicals compounds were discovered and modern science began acknowledging disease-protective elements of phytochemicals. It is now believe that phytochemicals (phytonutrients) can protect the our 100 trillion cells, tissues, membranes, mitochondria, bloodstream, skin, organs and immune functions from the onslaught of synthetic chemicals, toxins, bacteria, pesticides, viruses, fungi, yeast, microbes, mutagens, food additives, pollution, free radicals, aging and the onslaught of many degenerative diseases. This ever increasing body of research that has brought phytochemicals the forefront of serious worldwide nutritional research.

3. Sources:
 - a. Fruits
 - i. Apricots, Bee Pollen, dark colored berries (e.g., bilberry, blackberry, blueberry, cherry, cranberry, elderberry, hawthorn, loganberry and raspberry and strawberry etc.), dark plums, grapefruit, guava, mango, oranges, peach, pink grapefruit, purple grapes, red grapes, red oranges, watermelon
 - b. Vegetables
 - i. Avocado, Asparagus, Broccoli, Carrots, Collard Greens, Corn, Kale, Leek, Parsley, Peas, Red beets, Red peppers, Soy beans, Spinach, squash, sweet potatoes, tomatoes, turnip greens, watercress, yams, zucchini
 - c. Nuts, seeds and grains
 - i. Raw nuts (peanuts), raw seeds (flax seeds, pumpkin seeds, etc.), legumes, whole grains
 - d. Herbs
 - i. Basil, black pepper, coriander, ginger, rosemary, turmeric

Taking natural whole food vitamins, minerals and phytonutrient supplements from the human food chain is such a simple basic nutrition concept that it's often overlooked for something flashier.

Water

Is there a real fountain of youth? Yes! And it simply consists of pure water intake and natural unprocessed foods found in the human food chain that we were designed to use as human fuel.

But because of environmental toxins, commercial practices and unhealthy food choices, the basic nutrition necessary for optimal health is just not available in modern diets. So, for fountain of youth results, you need to supplement healthy eating with natural whole food supplements.