Healthy Eating

* Have a wake-up plan. Eating early helps boost metabolism and gives our body the proper nutrients to maintain energy all day. Having something prepared will make it easier to not skip breakfast. Create the habit of eating when waking. Something is better than nothing.
* Avoid eating late. If we eat before sleep, our body will store food as fat rather than breaking it down and using it as an energy source. Also, if we eat late, we will probably not be hungry in the morning. Give yourself 3-4 hours to digest food before sleep. This will speed up weight loss, give you more energy throughout the day and you will wake up hungry.
* 5-6 small meals throughout the day is optimal. Food is an energy source. What is not used for energy, we store as fat. If we starve ourselves throughout the day, we will be more likely to binge eat at night.
* Prepare meals. Making health shakes for the week or cooking in bulk and storing it in fridge or freezer saves time and gives us greater control of what we eat. We tend to eat healthier when we control ingredients.
* Keep food handy. Having fruit, trail mix or a power bar available will keep you fueled and might prevent you from making a pit stop at Taco Bell.
* The first ingredient listed on a food label is what the product has the most of. Second listed is what the product has second most of and so on. Try and eat real food. The less processed the better.
* Substitute healthy foods for non-healthy foods. For example, if you eat a lot of sour cream use an alternative such as cottage cheese or yogurt, frozen yogurt instead of ice cream, dried papaya for candy, water diluted fruit juice for pop.

* Avoid dieting. Severe weight gain and loss is not good for us physically or mentally. Healthy eating is a lifestyle. Small changes in what and how much we eat will have an impact in the long run. Finding the proper balance of healthy eating and enjoyment of food is key.
* There are many ways to improve our health through better nutrition. Look for healthy ingredients, have more control over food preparation, try and eat less processed and refined foods, eat breakfast, eat smaller meals throughout the day and do not eat late. We all have different nutritional needs due to genetics, disease, our activity levels and many other variables. The more we are educated, the more likely we will find what will work for us. Know your body. Better health starts with us.

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**Vitamins, Minerals and Foods that Heal**

* The most effective source of vitamins and minerals will come from our diets. A well- rounded diet consisting of a variety of fruits and vegetables, lean proteins, and unrefined carbohydrates should supply our bodies with proper nutrition. It is okay to take vitamins. Below are helpful hints:
* Consult with your physician. Some may counteract medication.
* Start with ½ of recommended dosage. (The more you take the more they sell)
* Take on a full stomach
* Herbal remedies can be effective but consult with a physician before using

There are many foods that can help us feel better or help us heal from sickness. Below are a few examples.

* Cabbage – Good for ulcers, constipation, colds, depression and purifies the blood.
* Garlic- Stimulates metabolism helps stabilize blood sugar levels, eliminates toxins from body, it kills bacteria, boosts our immune system and may be an aphrodisiac.
* Ginger- Stimulates digestion, boosts circulation, it is anti-inflammatory, normalizes blood pressure and helps support the liver.
* Lemon- Aids digestion, treats colds, flu, coughs, parasite infection, cleanses the blood, assists with weight loss and supports liver function.

 **Nutrition Basics**

Water/Fluids

* Important for the transportation of nutrients in and out of cells
* Necessary for digestion and absorption of nutrients, helps remove toxins from liver, improves circulation and excretory functions
* Should consume 48-64 ounces or more each day.
* Dark urine, thirst, and dry mouth are signs of dehydration
* Limit alcoholic beverages, caffeinated drinks, and soda as these are diuretics.

 Complex Carbohydrates

* Provides body with energy and helps assist in digestion and assimilation of food
* 40-65% total daily calorie intake should be carbs
* Lack of energy, exhaustion, mineral imbalances are all deficiency signs
* Whole grains, vegetables, legumes, and fruits are optimal sources
* Carbohydrates from simple sugars and processed foods should be limited

 Protein

* Made of amino acids which are essential for normal growth and repair of tissue
* Our body can’t produce all amino acids on its own, it is important to get some from our daily diet
* Protein should make up 15-30% daily total calorie intake
* Diarrhea, vomiting, lack of appetite, edema, fatty liver, poor wound healing, decrease in immunity, and skin problems are all signs of protein deficiency
* Protein can be found in milk, eggs, cheese, fish, meat, poultry, whole grains, nuts, beans, and peas

 Fatty Acids

* Our body requires fat. Try and limit diet to the healthier fats.
* Fatty acids help manage cholesterol, regulate body temperature, and help control blood pressure. Also helps in maintaining healthy skin, hair, and nails
* Fatty acids should include 20-30% of total daily caloric intake
* Signs of deficiency include skin, hair, and nail disorders, and impaired metabolism of fats and fat soluble vitamins and minerals.
* Avocados, nuts, legumes and seeds are good fats
* The healthiest oils are cold-expeller pressed olive and flaxseed oils (which contain omega 3 and 6 fatty acids). Also canola, safflower, sunflower, pumpkin, and walnut oils. The hotter the oil the more nutrients lost.
* Butter and saturated fats found in animal products such as meat and dairy should be used in moderation.
* Margarine, hydrogenated or partially hydrogenated oils should be limited