

Nutrition

When we say nutrition, we are referring to helping fuel our bodies. Nutrients help maintain our brain, muscles, bones, nerves, skin, blood circulation and immune system. In turn, this assists our spiritual and emotional well-being.

There are seven main types of nutrition

These nutrients help our body function properly and in a balanced and healthier way.

Carbohydrates

Supports a source of energy and more

Fats

Supports cell structure and more

Fiber

Supports digestion and gut

Minerals

Supports bone health, muscle function and nerve transmission

Proteins

Supports to build and repair tissues and more

Vitamins

Supports bodily functions and cell growth

Water

Supports temperature regulation, waste removal and nutrient transport

Nutrition, at its most basic level, is about eating a regular and balanced diet. When we commit to eating properly, we commit to our whole immune system, our emotional intelligence and spiritual awareness.

Foods Good For Us

Fruits – they contain a wide variety of vitamins and minerals.

Vegetables – they contain a wide variety of vitamins and minerals.

Whole grains – brown rice, quinoa and whole wheat bread offer fiber.

Lean proteins – fish, poultry, red meat, beans, peanut butter, lentils and nuts

Healthy fats – olive oil, avocados, nuts, seeds, organic yogurt

Attributes of Good Foods

Having More Energy

Feelings Stronger

Being Healthier

Healing Faster

Staying Focused and Mindful

When too much of one nutrient is present in our diet to the exclusion of a proper amount of other nutrients, our diet is said to be unbalanced. There is no doubt that fast foods, soft drinks, alcohol and packaged cookies are not considered healthy or productive to our well-being.

Water

Drinking water is important for maintaining overall health and bodily functions. It helps regulate body temperature, aids digestions, transports nutrients, flushes out waste. Water is essential for every cell tissue and organ to function properly. It aids in digestion, keeps tissues moistened, joints and cartilages stay lubricated, helps maintain a healthy blood level and balances electrolytes.

Summary

There are many articles and books written stating all the things that are unhealthy for us. In this time in history, fast foods and packaged goods are so tasty and abundant that they are hard to stay away from. A balanced life is a healthy life, so it behooves each one of us to decide what we are going to consume and what we are not going to consume. There is no doubt that the above mentioned foods are very good for us and will inevitably promote more stability, creativity and mindfulness in our daily existence.