Nutrition Facts

 **1. Carbohydrates**

 Function: major source of energy of our body

Sources of Complex Carbohydrates: grains, such as rice and noodles, fruit, root vegetables, Beans and some dairy products

 **2. Proteins**

Major functions: building, repairing and maintaining healthy body tissues.

Sources: Meat, fish, seafood, eggs, dairy products, dry beans and bean products

**3. Fats**

Functions: an energy source, prevent heat loss in extreme cold weather and protect organs. They make up part of our body cells and transport fat-soluble

Sources: Fats can be found in meat, fish, seafood, dairy products, nuts, seeds and vitamins such as vitamin A, D, E and K.

 **4. Vitamins**

Function: They participate in a variety of different body metabolism, such as maintaining healthy skin, hair, building bones, releasing and utilizing energy from foods.

Sources: Various food groups. Vitamins have two classifications: water-soluble and fat-soluble

 **5. Minerals**

Function: Defined as essential nutrients that regulate many body functions: fluid balance, muscle contraction and transmission of nerve impulses. Minerals also contribute to body structure and build strong/healthy bones.

Sources: Eggs, dairy, chocolate, berries, green leafy Vegetables, legumes, shellfish, fish

 **6. Dietary fiber**

Function: Helps stabilize blood sugar, promotes gastrointestinal health (including prevention of constipation)

 Source: Dietary fiber is the indigestible part found in plant. Classifications: soluble and insoluble

 **7. Water**

Function: Major functions of water: regulation of body temperature, production of body fluids, transportation of nutrients and removal of waste products. : Water is the most abundant substance in human body and is also an essential nutrient to maintain our heat.

Sources: Food- Carrots, Zucchini, Iceberg lettuce, Spinach, Celery, Cauliflower, Soup, Tomatoes, Watermelon, Strawberries, Yogurt and Oatmeal. Beverages

Our bodies are a fine-tuned machine, each component is dependent on another to function and be in its healthiest state. Since we are talking about our nutrition, these are some important facts:

Carbohydrates make energy and protein takes that energy and builds muscles, skin and hair. Proteins can help fight infection. Carbohydrates eaten with proteins help keep our blood sugar stabilized. Combination of specific carbohydrates with specific proteins can give you more benefit than other: beans and rice, fish, broccoli and quinoa. These are just examples. Point is many diets remove a food group and in a long run it can be destructive and set that fine-tuned machine to break down.

How many people do you know that have tried a low carbohydrate or no carbs? I am raising my hand. If you were or are a person doing this observe them/yourself. If you have already have, you would have seen a person with low energy, potentially more irritable, difficult time focusing (our brain needs glucose to function) and many more responses could be listed.

Our bodies are meant to have balance, with all 7 of the elements listed on the first page, in a healthy proportion. Fad diets, restricting and thinking there is a quick fix to lose weight are huge money makers but not healthy. More importantly, not sustainable. Unfortunately, something overrides our common sense, and we order those diet pills or avoid certain foods. I am guilty of this too.

When our body starts breaking down from lack of proper nourishment or we are diagnosed with a disease that does require a specific diet to fight and win, reflecting on how we treated our bodies may be very insightful. It could have been lack of knowledge about how our body needs carbohydrates, proteins, fats, vitamins from food sources, minerals from food sources, dietary fiber and plenty of water.

This is one area that we can make a difference in our health. We can prevent disease or aliments by eating wisely. There are so many reliable resources to help educate us. I encourage you to check reliability before jumping into nutritional journeys. Most Medical Universities/Treatment centers have great information.