

Optimal Nutrition

For a Lifetime of Health & Wellbeing



You know that you should eat better, but for some reason you're not. The great news is you have the desire to improve your health by improving your diet. All you need is a little push to get started. So, for those of you looking for some motivation to start eating right, here are seven great reasons.

Look Younger

If you choose to eat primarily junk food and processed food, not only are you not giving your body the nutrients it needs, but also you are consciously ingesting toxins that your body will have to work to remove. Further, consuming sugar and grains will increase your insulin level, and that is the equivalent of slamming your foot on the aging accelerator. There is simply no more potent way to accelerate aging than eating sugar and grains.

Reach Your Optimal Weight

If you're eating real foods for your nutritional type it is almost impossible to overeat, as your body will naturally tell you when you are full. Further, your body will naturally normalize its weight, whether you need to lose weight or gain it.

If your diet is focused on carbohydrates like grains, potatoes, sweets and other starchy and sugary foods, you'll likely have trouble losing weight. This is because the body's storage capacity for carbohydrates is quite limited and when you eat them in excess they are converted, via insulin, into fat and stored in the adipose, or fatty, tissue.

Improve Your Mood

If you feel depressed or experience a drop in mood an hour or so after eating it may be due to an improper combination of proteins, fats and carbohydrates at your last meal. You might be eating the perfect foods for your metabolism, but having too much of one type of food in place of another can easily produce the symptoms listed above. You can determine the correct combination of

foods for you by finding out your nutritional type, and you'll likely find that your mood improves after a meal.

Increase Energy

Eating the right foods, especially those for your individual nutritional type, will produce a marked and lasting improvement in your energy and should leave you feeling satisfied for hours. On the contrary, eating junk foods will cause your energy levels to drop.

Get Radiant Skin

If you eat a diet full of pure, whole foods, your body will be healthy and will have the nutrients to devote to things such as skin and hair. If you only give your body a limited amount of nutrients, your body will use them for immediate, vital functions and may not have enough left over to improve the quality of your skin.

Fight Disease and Prevent Common Illness

Eating right will strengthen your immune system, and, as you likely know, a strong immune system is key to fighting off disease, viruses and other illness. It is especially imperative to avoid sugar if you feel you are coming down with something, but keeping sugar out of your diet for the long haul will do wonders for your health and make your body stronger, which will make it harder for the flu or other common illness to bother you.

Live a Longer, Higher-Quality Life

Along with living a longer life, you will have a higher quality of life when you eat the right foods for your nutritional type. Your insulin levels will stay under control--as I said earlier elevated insulin levels are one of the major accelerants of aging--and you will have energy, stamina and great cognitive function, even as you get older.

Reference: Mercola.com

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Guidelines for Optimal Nutrition

1. Balance your calorie intake with exercise to attain and maintain your desired body weight.

2. Eat a wide variety of foods (including protein, complex carbohydrates, and fat) at each meal to maximize nutrient variety.

3. Eat fresh, wholesome, unprocessed foods.

4. Establish consistent eating patterns. This promotes sound nutrition, reduces stress, and prevents overeating. Do not skip meals...particularly breakfast.

5. Eat more complex carbohydrates (at least 3 per meal) for vitamins, minerals, energy, fiber, water, and fewer calories. These include fresh fruits and vegetables, whole-grained and enriched grain products (bread, cereals, rice pasta, grits, oatmeal, cracked wheat, bran), potatoes, corn, peas, beans, lentils, and popcorn.

6. Eat more dietary fiber (at least 8 fiber foods daily) for good digestion, prevention of digestive diseases, and to lower blood cholesterol and blood glucose levels. Fiber is in bran, oat bran, whole grains, raw fruits and vegetables (including peels and seeds), nuts, popcorn, beans legumes, brown rice, oatmeal, potatoes, and corn.

7. Eat fewer foods that are high in fat. These include fried foods, butter, margarine, mayonnaise, oils, sauces, salad dressings, nuts, avocados, granola, party crackers and dips, chips and dips, fast foods, convenience foods, commercial pastries, high-fat meats (bacon, sausage, cold cuts, hot dogs, marbled beef, lamb, pork), and high-fat dairy products (whole milk, sour cream, cheese, and ice cream).

8. Eat polyunsaturated and monounsaturated fats in place of saturated fats whenever possible. **Saturated fats** are usually animal fats, found in dairy and meat products, but sometimes are **vegetable fats**, as in chocolate, coconut, and palm oils. **Polyunsaturated fats** are primarily from vegetable sources: vegetable oils, tub margarine, unhydrogenated peanut butter, and in safflower, corn, sunflower, soybean, and cottonseed oils and margarines. In addition, polyunsaturated fats are also found in fish and fish oils.

Monounsaturated fats are found in olives, peanuts, avocados, some nuts and olive, canola, and peanut oils.

9. Eat more fish, poultry, and veal (10+ meals/week) in place of beef, lamb, pork and cheese (4 meals/week).

10. Eat less protein...just 4-8 oz/day of fish, poultry, and lean meat.

11. Eat less cholesterol (less than 300mg./day). Limit these: egg yolks, organ meats, crawfish, meat and meat products, and dairy products (whole milk, sour or sweet cream, cheese, ice cream, butter).

12. Eat less sugar. Sugar is in: table sugar, honey, jam, jelly, soft drinks, desserts, candy cookies, cakes, pastries, processed foods and beverages, sweetened juices and fruit, sugar-coated cereals, peanut butter containing sugar. Limit sweets to 1-3 weekly.

13. Limit sodium (less than 4000 mg./day). Sources of sodium include: salt, pickles, olives, luncheon meats, hot dogs, ham, bacon, sausage, cheeses, processed foods, fast foods, snack foods (chips, crackers, pretzels), canned soups and vegetables, sauces (chili, barbecue, soy, steak), pizza, and commercial bakery products.

14. Limit caffeine (a stimulant) to 0-2 cups caffeine-beverages daily. Caffeine is found in: coffee, tea, cola drinks, and chocolate.

15. Limit alcohol intake.

16. Drink at least 8-10 glasses of water daily.

17. Enjoy your meals! Eat slowly in a relaxed environment. This aids digestion and weight control. Find ways to deal with stress effectively, without food or alcohol.

18. Adjust your food intake according to your special needs. These needs are influenced by such conditions as high blood pressure levels, high cholesterol levels, diabetes, etc.