

Building Wellness – NUTRITION

“Sugar is a type of bodily fuel, yes, but your body runs about as well on it as a car would.”

~V.L. Allineare

Calories are a unit of energy. Our body needs fuel for energy, so we eat food which contains calories. There are two very important facts about energy we need to understand:

All foods are not created equally, and all calories are not created equally. Sugar contains calories and therefore some energy, but the calories are “empty” because they are devoid of the vitamins and nutrients that make our body healthy and strong.

A healthy diet is one of the most important weapons that we have to fight against chronic illnesses. The quality of our living is dramatically affected by the foods that we choose to eat. In the short term, what we eat affects our mind-set, mood, and energy levels, as well as our mental and physical performance. Over time, the foods we choose to eat determine what our bodies look like on the outside, how well our body functions on the inside, and ultimately, how long and how well we live.

If we want to live well and live long, we need to be intentional about “setting the table” and making better choices selecting the foods we’re going to eat. The formula for healthy eating is really simple. We need to eat fewer “empty” calories from dead foods, and we need to eat more calories from living foods. Living foods include fruit, vegetables, nuts, and seeds. Living foods are harvested. Dead foods are the opposite. They contain man-made stuff like glucose, fructose, dextrose, preservatives, and additives. Dead foods are not harvested: they’re processed.

Healthy eating tips:

- › Eat a small breakfast each day to kick-start your metabolism.
- › Combine protein, carbohydrates, and fats in each meal to moderate sugar levels.



Fewer calories from these foods

- › Refined sugar
- › Soft drinks
- › Refined grains
- › Fats and oils
- › Red meats
- › Dairy and eggs
- › Bad nuts and seeds
- › Fried vegetables (French fries)
- › Fruit juice (that has high sugar content)
- › Excessive salt

More calories from these foods

- › Vegetables
- › Fruits
- › Whole grains
- › Good nuts and seeds
- › Fats and oils
- › Dairy and eggs
- › Fish, poultry and lean meat
- › Water