



NUTRITION

Good—Sound Nutrition. What does that mean? Actually, this is a loaded question. Nutrition advice is as diverse as personal individuality. Although the basics of a well balanced diet remain the same, each person has different metabolic rates, levels of exercise, family health histories, medical conditions, and desired weight goals. The true battle in today's society is deciphering between the accurate and inaccurate information as well as the fast paced life styles and family values.

It's a fact of life: We need to eat to live. Understanding the needs of the body is much more complex than buying something at the store and warming it up. When we truly want to consider the effects of food on our body, we need to look much deeper.

Our bodies are extremely complex machines, which need water, vitamins, minerals, proteins, fats and carbohydrates. Foods enter our system and need to breakdown in order to be transferred to our cells. It is at the cellular level that we convert our foods to energy.

Most people think they know what proper nutrition is, but quite honestly, most modern day Americans who have grown up with fast food, busy lives and instant gratification have a hard time turning their minds back to a time when the foods we ate were "natural".

Today's preserved foods, although convenient, have created poor eating habits. It is not just the foods that we eat and their calorie counts, but the actual nutritional value of those foods that has been altered.

Good nutrition is a life long commitment. Fat does not build up overnight. Veins do not clog with just one bacon cheeseburger and fries. The biggest health concerns: heart disease, diabetes, high blood pressure and high cholesterol, can mostly be attributed to the American "diet".

On the most positive side, statistically, even those with a family history of poor health can change their lot in life by focusing on "clean" eating habits.

The first step to true health is found in the food we eat. Educate Yourself!