

Delicious Diet

The original diet consisted of fruits, vegetables, grains, and nuts. Scientific research has proven that by eating plant foods in their natural state, unrefined and without additives, many diseases can be prevented and often reversed. Here are some tips to ensure that we are getting the best nutrition possible.

Eat a rainbow of colors every day. Food should have eye appeal as well as be flavorful. This will help us get the necessary nutrients and phytochemicals needed for good health.

Fiber is like a scrub brush and helps keep our digestive system clean and functioning well. High fiber foods are fresh fruits, vegetables, nuts, legumes and whole grains. Animal products and refined foods have no fiber and tend to clog the digestive system, leading to disease. Research has shown that a high fiber diet decreases the risk of many forms of cancer.

Carbohydrates are an important source of food energy. It is best, however, to limit the simple carbohydrates found in most desserts, candies, soft drinks and sweetened cereals. Complex carbohydrates are much better for us. Good sources include whole grains like brown rice, wheat, oats, barley, millet, corn. Potatoes are also excellent sources of energy.

Healthy fats. Plant fats, such as avocado, olives, nuts and seeds, used in moderation, are the healthiest options. Lard, meat, butter, processed and fried foods, margarine, cream, mayonnaise and cheese contain unhealthy saturated fats which are known to increase the risk of atherosclerosis and heart disease.

Plant Protein. Peas and beans are excellent sources, especially when eaten with whole grains. Mushrooms are also packed with protein and have several anti-tumor compounds. Nuts are also rich in protein but should be used in smaller quantities due to their high fat content. Even vegetables contain protein and are high in vitamins and minerals too. Most people consume far more protein than needed, which can cause many chronic diseases.

Breakfast is the most important meal of the day! A good breakfast should contain the most calories of any meal. Choose foods high in protein and complex carbohydrates. Don't forget the fresh foods. Try to eat a good lunch and a very light supper. This will give you energy for the day and a better night of rest.

Make good choices and enjoy your food!