Nutrition Basics

Healthy eating recommendations seem to be ever changing as new diet fads frequently pop-up in today's society. Low calorie, Low carb, pescatarian, vegetarian, Keto, vegan, low sugar, intermittent fasting, gluten free, the all bacon diet (yum)… with all that, it's no wonder why we don't know what to eat. In order to eat healthy, we must get back to the basics. Nutrition basics come down to eating a variety of wholesome foods that support your health.

Here are some healthy eating tips:

- **Eat a variety of foods from all the major food groups**: Fruits; vegetables; whole grains; low-fat dairy products and lean protein, including beans and other legumes, nuts and seeds; and healthy fats. Recommendations say to eat 2.5 servings of vegetables, 2 servings of fruits, 6 servings of grains, 3 servings of dairy, and 1 serving of lean protein per day.

- **Avoid calorie-laden, fatty and salty convenience and highly processed foods**. Ultra-processed foods have ingredients common in industrial food manufacturing, such as hydrogenated oils, high-fructose corn syrup, flavoring agents, and emulsifiers. They are often cheaper and more convenient than making a meal from whole foods. When people eat a diet full of ultra-processed foods, they typically consume more calories and gain more weight than a minimally processed diet.

- **Portion size is very important**. Overeating is a common tendency today. There are a number of reasons why we may eat more then we need. However, doing it regularly may cause serious health issues, from weight gain to diabetes. Thus, portion control should be of top priority when you are looking to lead a healthy lifestyle.

- **Include foods you can find in your local grocery store**. Rather than specialty or gourmet store items. Make sure that your diet fits your tastes, lifestyle and budget. Good food is one of life's great pleasures! You can eat healthy and keep it that way.

- **Sustainability is key**. Typically, people last about six months on a diet and even less if the plan is really strict. When diet plans differ immensely from previous eating patterns, over restrict favorite foods or entire food groups, dieting usually lasts for a much shorter time. Plan your diet to last. One way to do this is a simple 90/10 diet. This means that 90% of the time you eat a healthy, balanced diet and 10% of the time, give yourself a break from dieting. Basically, this means that one day per week you eat whatever you want. Of course, still watch the portion sizes on this day.

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