

Balanced Eating

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. A well-balanced diet provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy. Eating well can also help ward off numerous diseases and health complications, as well as help maintain a healthy body weight, provide energy, allow better sleep, and improve brain function.

There are seven building blocks for a healthy diet, including carbohydrates, proteins, fats, vitamins, minerals, fibre, and water. Each building block has its own role in maintaining your health. Below you will see the purpose, examples, and percentages of each, plus a few sample balanced meals.

Carbohydrates -

- 45-65% of your diet
- Carbohydrates provide the body with the energy it needs and are a good source of many vitamins and minerals
- Rice, quinoa, wheat

Proteins -

- 10-35% of your diet
- Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.
- Meat, fish, legumes

Fats -

- 20-35%
- It provides energy, absorbs certain nutrients and maintains your core body temperature.
- Avocado, nuts, coconut oil

Vitamins and Minerals-

- Vitamins and minerals are considered essential nutrients because they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage.
- So many - here is a list of each <https://www.webmd.com/food-recipes/vitamin-mineral-sources#1>

Fiber-

- Soluble fiber dissolves in water and becomes a gelatinous form, which may help to slow digestion and help your body absorb vital nutrients from foods. Insoluble fiber stays in its fibrous form, helps food pass through the digestive system, and adds bulk to the stool, which helps you to stay regular.

- Soluble fiber -oats, peas, beans, apples, citrus fruits, carrots, barley

- Insoluble fiber -wheat bran, vegetables, chia seeds, and whole grains

Water -

- Drink half your body weight in ounces of water per day

- Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water.

