

I Investing in Good Nutrition

by Eve Lees

We often compare the body to a car engine and even a clock's precise synchronicity. Well, how about comparing it to an Automated Teller Machine (ATM)?

Actually, there is a continual banking system happening in your body every day. Transactions occur all the time. When you eat, you credit your "account" by depositing vital nutrients. However, you're also debiting your account because the digestive system uses nutrients just in doing its job. Depending on food choices, your account can be either overdrawn, balanced, or collecting a fortune.

Unfortunately the average person is overdrawn. Processed, refined foods constitute the majority of what we eat. They stress and exhaust the digestive system, lacking the nutrients needed to strengthen our immune systems and ensure good health.

The body is designed to slowly and methodically breakdown whole food into the nutrients it needs. Refined sugars and other processed foods are already broken down and absorbed very quickly. Eating them too frequently stresses the body. Designer foods of today are far too advanced for the unique simplicity of the human digestive system.

Dieticians say the wide selection of convenience foods is

a contributing factor to rising rates of obesity, diabetes and heart disease. Twenty years ago, sugar-coated breakfast cereals were about the only convenience junk food found in most households. Now we're bombarded by hundreds of selections for quick meals any time of the day.

When eating a microwaved snack, a pop-in-the-toaster treat, or gravy coated French fries, you aren't crediting your account, because these foods provide few (if any) nutrients to make up for the debit your digestive process makes. Infrequent eating of processed foods won't put your account in the red; you'll at the very least stay in balance. However, many of us make poor food choices at practically every meal, withdrawing continually on our good health.

Sadly, breakfast, lunch, dinner and snacks for the average person today are mostly foods that don't resemble their original form: potato chips, bars, breads and pastas, cakes and cookies didn't occur that way naturally. Over time, the lack of nutrients in these types of foods will snowball into many health complications.



To keep your account in credit, find a healthy balance of food choices. More often, eat foods that aren't as tampered with or changed by humans. Look for food products that are pure or close to how Mother Nature created them.

Choose an apple as a snack instead of a cookie or sports bar. And what's so odd about munching on a whole bell pepper or a handful of cherry tomatoes? Try to eat more fresh fruits and vegetables, cooked whole grains, and natural meat choices. If you save the processed, refined "fast foods" as an occasional treat, you can still be a wealthy nutritional banker.

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