

Nutrition K.I.S.S.

How to Keep It Stupidly Simple

Presented by Eve Lees

Nutrition is the foundation for good health

The nutrients and other properties in your food build a strong foundation for good health. Nutrition is a bigger factor for good health than being active. Yes, exercise is important too – many bodily processes are facilitated by movement – *but we must fuel those movements first!* Food provides nutrients to make our bodies “work” to help increase our energy, lower illness, strengthen our immune system, help us sleep better, think clearly, control stress, etc. For all this to occur optimally, we need the right *tools*. Nutrients and other properties in our foods are these tools (vit’s, min’s, enzymes, antioxidants, etc.).

K.I.S.S. by focusing on Quality/Variety. This will ensure lots of nutrients.

Quality

Basic nutrition physiology . . . Our foods are a mass of chemicals. So are our bodies. These chemical structures in our body and foods are designed to work in synergy as a team. Food chemicals are the nutrients/properties (tools) we must thrive on or we risk imbalances that can result in poor health.

The more refined and changed a food is, the fewer nutrients it retains. Vital nutrients are lost, mostly to the process of ‘oxidation’ (exposure to oxygen, heat, light). And drastically changing a food can change its chemical structure so it may not be “working” in our bodies as nature intended. In particular, refined foods are absorbed very quickly, risking healthy balance of blood sugar / insulin response.

No single nutrient can work alone: it must ‘work’ with others. In nutrient-depleted refined foods, some remaining nutrients become too potent because the nutrients to buffer their potency are missing. Others are poorly or not absorbed because the nutrients to help absorb them are missing.

Try to choose foods that aren’t as tampered with or changed by humans: More often, opt for the whole orange instead of orange juice. Have an apple as a snack instead of a cookie or a sports bar. Try to eat more vegetables and fruit. Include a moderate amount of root vegetables, nuts & seeds, cooked whole grains, as well as natural meat and dairy choices.

And focus on whole foods, not powders and pills. TRUST NATURE because we do not know all that’s in our foods and how it is absorbed or works in our bodies. We have much to learn about that.

Tips to limit refined foods . . . Learn to identify them, to know which to limit! If a food has an ingredient label, most likely it is a refined choice. Organics, non-GMO? That’s your choice, but it is easier to first practise limiting refined foods (this may be hard for some). Keep your strategy simple at first – focus on non-refined foods and then advance to making your foods even higher in quality by choosing organic foods when possible (*NOTE: if you limit refined foods, you automatically limit GMO’s, because they are often present in packaged, prepared foods*). In any case, it is more important to focus on eating plant foods, organic or not, as it is the properties in plant foods that protect you from any pesticides you may consume. Cut back on three of the most ubiquitous refined products in our diet: flour, sugar, and salt (in so many products!). To reduce the flour in your diet, eat cooked whole grains more often than breads/crackers/pastas . . . WHOLE GRAINS offer fibre and many other nutrients that are compromised or lost when the grain is ground into flour. Cut down on eating bread so often: occasionally eat whole grains cooked on the stove. Cook all “whole grains” as you cook rice: one part grain to two parts water.

Variety

Variety in your food choices also ensures you are getting a wide range of nutrients. There is no single food or food group that can promise good health, because they *all* contain different vital nutrients. A wide variety of whole, unrefined foods ensures you are getting lots of nutrients.

Be VERY cautious with diets that omit a food or food group (examples are Paleo, Low Carb, and Ketogenic). You risk omitting necessary nutrients, especially those we haven't yet discovered or fully understand! But if you are adamant about following one of these diets, be sure to practise variety in the food groups you are allowed to eat (while also ensuring they are as unrefined as possible).

Avoid eating the same meals/foods ALL the time. Mix it up. For example, if you always have flax seeds, sometimes have chia seeds or poppy seeds. Instead of potatoes, try sweet potatoes or cassava.

Superfoods? Don't focus on just those. You are limiting your choices and therefore limiting other nutrients. ALL whole and unrefined foods are Superfoods.

Is there a “best diet” for humans?

There is no perfect diet for all of us. We are all different and unique. There is no one diet, single food, supplement or pill best for *everyone* – not even coconut oil (another overrated “superfood”).

FYI: You can lose weight on ANY diet – but that doesn't mean the diet is healthy (or that you are).

Health info: TMI

The science of nutrition is a relatively new science. It is highly controversial, confusing and always changing because we are learning more every day – and debunking what we thought we knew.

We are overwhelmed daily by health information. Much of the information on the internet is hype: from sources with personal, political or financial gain (even some of the scientific studies) . . . The internet is exposing us to many self-proclaimed experts with no knowledge or credibility. In addition, studies can be inaccurately interpreted by journalists (print/TV/radio) who do not understand nutrition.

We are further confused by highly credible sources who may differ on a nutrition topic. All they have is the evidence we have collected to date, which can be interpreted differently by each source, depending on their educational background, experiences, beliefs . . . Therefore, there are often more opinions and beliefs than hard facts on many diet/nutrition topics, even among the experts.

So . . . how do you avoid nutrition hype?

QUESTION EVERYTHING. Misinformation circulates because no one questions it!

(Question even what Eve Lees is telling you).

Always look for more information, *on both sides* of every issue. Remember, in the relatively new science of nutrition there are more opinions and beliefs than hard facts. Ask questions. Investigate before you make it YOUR belief (and then *please* don't become a fanatic about it).

And while you are asking questions, keep your dietary strategy *stupidly simple*: focus on **Quality and Variety**. It's your best guarantee you'll have lots of “tools” for good health.

Questions?

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