

Nutrition Series

General Nutrition

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NUTRITION

We are what we eat.

A well worn phrase but no less important and true; our bodies require fuel in the form of food to keep us functioning.

If we supply the body with raw, whole foods full of nutrients the body needs less energy to put this food to use. If we give the body food that is highly processed with added preservatives the body has to work hard to sort through the rubbish to find the few nutrients it contains. Therefore eat food as raw and whole as possible (it's cheaper to).

Eat more fresh vegetables, fruit and complex carbohydrates eg. wholemeal bread, cereals, rice. Eat a mix of chicken, fish, lean red meat and eggs, varying often. Have 2 serves of low fat dairy food daily eg. yoghurt and some cheeses. Eat sparingly of fats eg. butter and margarine.

Basic rules:

- Drink 1.6 - 2 litres of pure water per day - this helps eliminate toxins from the body, prevents skin dehydration and discourages fluid retention. Rule: 1 glass per 10 kgs of body weight.
- Combine foods correctly - this allows greater digestive efficiency.
- Eat food raw - Steaming vegetables or microwaving retains valuable vitamins and minerals that boiling leeches out. Start each meal with something fresh.
- Eat little and often - Snack on dry wholemeal biscuits or fresh fruit every 2-3 hours between meals. This discourages drastic changes in blood sugar levels mid morning and mid afternoon.
- Avoid excessive caffeine - Cut down on tea, coffee, chocolate, cold drinks and soft drinks. Caffeine is a diuretic and puts stress on the body to process.

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HinterlandChiropractic

7 Price Street, Nerang Qld 4211

Phone: +61 7 5527 3133

www.goldcoastchiropractor.com

