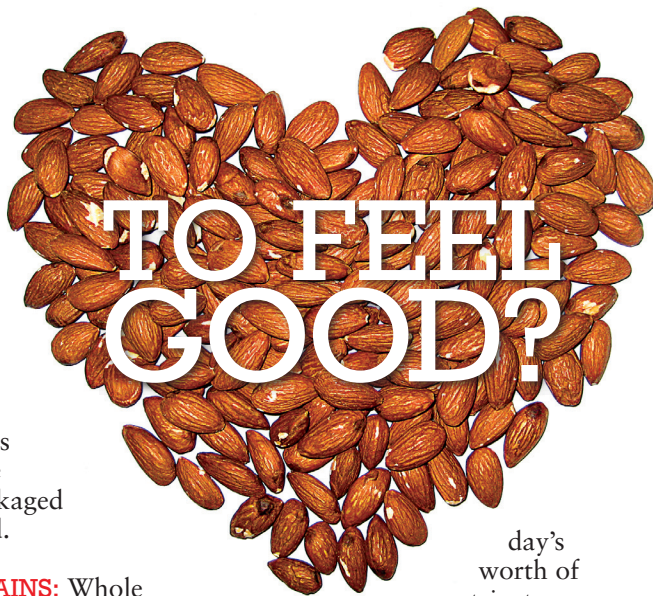


DO YOU KNOW HOW TO FUEL YOUR BODY



Eating is confusing. Everyday there seems to be a new diet promoting some type of miracle answer. We know that fad diets are no good, that these diets offer no lasting long term benefits, and can often times do more harm than good. Those of us who are trying to make the right decisions about what will help fuel our body are often left guessing about the proper way to do it. Finding the right combination of food to put into our mouths will not only help our bodies but will help our minds as well. Eating well means feeding your body, mind, and soul. Unfortunately, there are many who are not “in tune” with the connection between the mind and the body. Make no mistake about it; however, the two go hand in hand. The food that goes in your mouth has a direct effect on how you feel. Did you ever notice if you eat too much sugar that you get a headache, or feel tired? Too much fat and protein, especially the processed type makes our stomach hurt, and leaves us feeling bloated. Finding the right balance is key.

What does your body need for optimal performance? We are not talking about athletes specifically here. The following information is meant to offer a general rule of thumb for the general population. Athlete's requirements are different and need to be addressed as such.

Balance, balance, balance. While you may be tired of hearing that, nothing is closer to the truth. You must get an adequate amount of

nutrition to help fuel your body properly. Part of this equation is understanding how YOUR body works best on the fuel that you give it. For example, some people may need to eat every 2-3 hours to feel good while others only need to eat three meals a day to feel good. Some people require more protein, others require less. There is NO right way to do it. It has to be right for YOU. The best way to figure out the timing of your meals and what to eat is by keeping track of what makes you feel the best. For example, take one day and try to eat 6 small meals; have a little bit of lean protein at each small meal. Be sure to keep a log of how you are feeling after you eat (about an hour after mealtime). The next day, have three meals, and write down how you are feeling. Compare your journal entries and see which day proved to be your best. Once you have an idea of the right types of foods that make you feel good, you will know how to properly nourish your body and your soul.

MAKE SURE THAT YOUR DIET HAS A GOOD BALANCE OF:

HEALTHY FATS: Nothing will cause you to crash and burn like a diet void of the good fats. We live in such a fat phobic society that so many of us are walking around with an essential fatty acid deficiency! Sources of healthy fats: Fatty fish such as salmon and sardines, walnuts, flaxseed, almonds, avocado, olive oil, and eggs. (Check out my blog: Overfed and Undernourished.) **Avoid**

trans-fats, and highly processed fats such as those found in packaged and fast food.

WHOLE GRAINS: Whole wheat pasta and whole wheat bread are POOR examples of whole grains. Whole grains are just that, the whole grain itself. Foods like brown rice, wild rice, and any type of whole rice blend are great examples. Quinoa, Kasha (buckwheat), cracked wheat, and amaranth are just a few of the delicious whole grains available in the supermarket. These grains provide us with the important B-vitamins that are not only necessary for metabolism but for proper nerve function as well.

VEGGIES: Yes I said it, **veggies**. We ALL know it, yet somehow we tend to avoid them. There is no better source of vitamins and minerals than in our vegetables. The darker and the greener the better! Kale, Collard Greens, Swiss chard, Arugula, Watercress, and Escarole are some great leafy greens and they are literally loaded with nutrition. These greens pack a nutritional punch and if they aren't a part of your diet you should make an effort to add them in someplace. There is absolutely no substitute for vegetables. You can take a multi vitamin, you can take a green supplement, but nothing comes close to the nutrition that these offer in their whole, raw natural state ...and one serving isn't nearly enough to get your

day's worth of nutrients. Try to add a vegetable into each meal, and your body will thank you.

QUALITY PROTEIN: What is good protein? Grass-fed meat offers a nutritional punch when it comes to healthy fats and quality protein. Cows are not meant to eat grain and the quality of their flesh suffers from this common diet. While the majority of our beef supply comes from grain fed cows, our body assimilates the meat and fat much better from cows raised on a grass fed diet. Lean chicken, fish, and legumes offer other great sources of quality protein.

If you feel you need some guidance with figuring out how best to establish the right kind of meal plan for your body feel free to contact Meryl. Go to www.merylb.com for some delicious, easy and healthy recipes!

Enjoy! 🍴

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