

BALANCED MEAL Building

Include all macronutrients

If you can only focus on one thing when working on improving your diet, make it your meal composition. Food is our body's main source of energy, and including a lean protein, complex carb, unsaturated fat, and fruits and/or vegetables in every meal ensures physical and mental satiety for long-lasting energy throughout the day.

Focus on nutrient density (vs. calorie content)

A healthy diet is more complex than just calories in vs. calories burned. Our body's systems require specific nutrients to function, so it's important to prioritize adding foods that contain a higher ratio of nutrients to calories. For example: an orange and a small scoop of ice cream have the same number of calories, but the orange contains significantly more beneficial vitamins and minerals.



Use a variety of fruits and vegetables

The micronutrients (vitamins and minerals) that our body needs are found mostly in plant foods. Put simply, the colors of foods can represent different types of micronutrients essential for our body's functions. To ensure you're incorporating a wide variety of fruits and vegetables, think about eating the rainbow by having different colored fruits and vegetables on a daily basis.

Fiber is your friend

In the US, less than 10% of adults consume enough fiber. Fiber is important for healthy digestion as it feeds the beneficial bacteria in our gut and influence nutrient absorption. The two forms of fiber, soluble and insoluble, also serve different functions in maintaining healthy bowel movements and more of one or the other can cause irregularity.



Unsaturated fats are beneficial

When our body absorbs nutrients through the gut lining, it needs cofactors to promote the transport of the nutrients. Fat soluble vitamins (A, D, E, & K) need fat to be with them to be absorbed into the body. Unsaturated fats, specifically, can assist with absorption but also offer anti-inflammatory and anti-oxidant benefits to the body.