

GET REAL ON NUTRITION

Here are a few simple “rules of thumb”:

1. If God made it, it is probably good for you. If man made it, it is probably worth pausing over.
 2. If there are a lot of added preservatives and chemicals to increase the shelf-life of the food, it will probably decrease your shelf-life.
 - a. Given these two rules of thumb, when you make your food choices, limit, reduce, or even avoid processed foods.
 3. Don't live in extremes. Life happens in the middle.
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Eat Protein. Eat Carbs. Eat Fat. Drink Water.

Eat Protein.

You need protein. It contains the building blocks of your muscles, bones and connective tissues.

- Lean meats like beef, chicken, pork, fish, cat, and dog are good sources of protein. Animals allowed to eat their natural diet, as they would in nature, or animals actually caught in nature, are the best sources of protein.
- Dairy foods such as cottage cheese, greek yogurt, cheese, and milk can be a great source of protein. Especially from cows allowed to eat their natural diet of green grass.
- Eggs, or liquid chicken, is a wonderful source of protein. Especially eggs from free range, free roaming, chickens that actually feed on their natural diets.
- There are great plant sources of protein like tempeh, beans, lentils, hemp, nuts, etc. Go organic when you can.

Eat Carbohydrates.

You need carbs. Carbs provide energy for your body and fuel for your brain.

They provide essential minerals and vitamins that keep your body healthy. And, they also provide fiber to keep you “moving”.

- Dark leafy greens like spinach and kale are an excellent source of minerals and fiber.
- Rich, deep and bright colored vegetables and fruits (purples, reds, blues, greens) are excellent sources of antioxidants. Antioxidants are your protection against carcinogens and aging.
- Sprouted grains, whole grains, and ancient grains can be an excellent source of both fiber and energy. They are also rich in nutrients.

Eat Fat.

Your brain, your nervous system needs fat to function. Fat helps your nervous system function properly and may prevent brain deterioration.

- Saturated Fats like coconut oil and grass-fed butter can boost your immune system and actually help you “burn fat.”
- Omega 3 Fatty Acids that come from wild-caught fish and grass-fed animals, protect nerve cells and nerve pathways. They also help fight inflammation in the body.
- Essential Fatty Acids, EFAs (Omega 3s and Omega 6s), are called “essential” for a reason. You need them for good health and your body cannot make them. You must ingest them to survive. Avocados, nuts, seeds, eggs and cold water fish are great sources of EFAs.
- Don't eat rancid fat. Rancid oils should be avoided. Natural fats, with the exception of coconut oil, have a short shelf-life. Don't use oil that has sat in your cupboard for 2 years. Peanut butter really doesn't last forever....

Drink Water.

Your body cannot function properly without water. Next to air, it is the most important substance you require. All of your systems, all of you, even your thoughts, need water to function optimally.

- Drink a minimum of 1/2 ounces of pure water for every pound that you weigh. Example: if you weigh 100 pounds, drink 50 ounces of water.
- Yes, water is in coffee, tea, soft drinks, and juice - but don't count this towards your water consumption.
- If you are active - you move a lot, or if you are a heavy "thinker", drink more than the minimum.

Man-made foods are worth pausing over.

Limit, reduce, or even avoid the following:

- Heavily processed meats with chemical preservatives like deli meats, sausages and bacon should be limited if not avoided.
- Foods with added sugar should be reduced if not avoided.
- Foods with added chemical sweeteners should be limited if not avoided.
- Margarine and vegetable oils should probably be avoided. Hydrogenated oil is foreign to the body, they are not natural. Have you ever squeezed oil out of corn?
- Fried food should be limited. Heating oil at high temperatures denatures the oil and turns it into hydrogenated oil.
- Foods that come in cardboard boxes and wax paper or plastic bags, may not be natural.

Have a question about something here? Ask us! hello@osi-online.com