**Essential Nutrients**

HEALTHY LIVING is your “Best Remedy” against Sickness & Disease. Sickness and Disease are our body's way of telling us that something is not working properly, that things are not at ease

Healthy Eating Principles:

Healthy eating requires balance, variety and needed nutrients.

Healthy eating means eating a balance between food groups;

vegetables, fruits, proteins, grains and dairy.

Healthy eating means limiting added salts, sugars, caffeine and alcohol.

Healthy eating makes sure you are getting enough of the necessary nutrients.

**Essential Nutrients are compounds that the body, can’t make or make enough of. They are vital**

 **for disease prevention, growth, and good health. Essential Nutrients include the primary building blocks of your diet.**

**Protein**

Necessary for tissue formation, cell repair, hormone and enzyme production. It is essential for building strong muscles and a healthy immune system.

• Protein provides the building blocks of the body, not just muscles.

• It is needed in every cell, bones, skin and hair, contain protein.

• Our hormones, antibodies, as well as many important substances contain protein.

• Sources of protein: Meat, fish, and eggs as well as plant sources like beans, soy, nuts, and some grains.

**Carbohydrates**

Provide a ready source of energy for the body and provide structural components for the formation of cells.

• Carbohydrates are necessary for a healthy body. Your total daily calories should consist of 45 to 65 percent carbohydrates.

• Carbohydrates fuel your body, especially your central nervous system and brain. They are the your primary energy source.

• Carbohydrates help protect our bodies against disease.

• Healthy Carbohydrate sources: Beans, Brown rice, Quinoa, Oats, Sweet Potatoes, Beets, Carrots, Bananas, Mangoes and Dates.

**Fat**

Provide stored energy for the body, functions as structural components of cells, and signaling molecules for proper cellular communication. It provides insulation to vital organs and works to maintain body temperature.

• Fat supports muscle movement, blood clotting, building cells, also vitamin and mineral absorption.

• Healthy fats in your diet can help you to balance your blood sugar.

• Healthy fats improve your brain function and decrease your risk of heart disease

• Healthy fats anti-inflammatories, and they may lower your risk of arthritis, cancer, and Alzheimer’s disease.

• Healthy fat sources: Omega 3 & 6 Fatty acids found in Fish, Nuts, Seeds, Flaxseed, Olive oil & Coconut oil. Limit red meat and dairy.

**Vitamins**

Regulate body processes and promote normal body-system functions.

• Vitamins are for fighting disease and staying healthy. The body needs these micronutrients to support its functions.

• There are 13 essential vitamins that the body needs to function properly.

• Each vitamin plays an important role in the body, if you do not enough of them it can cause disease and serious health problems.

• Many Americans do not get enough of many essential vitamins including vitamins A, C, B6, and D.

• Vitamins are essential for healthy skin, vision, and bones.

• Vitamins may lower the risk of lung and prostate cancer

• Vitamins like vitamin C boost the immune system, others are powerful antioxidants.

**Minerals**

Minerals are essential for many body functions, including regulating your metabolism, proper hydration, building strong bones and teeth. Regulate body processes, are necessary for proper cellular function, and comprise body tissue.

• Much like vitamins, minerals help support the body.

• Some common minerals are calcium, iron, and zinc.

• Calcium helps strengthen bones, muscle contraction and relaxation.

• Calcium helps maintain healthy blood pressure and nerve signal transmission.

• Iron supports hormone creation and your red blood cells.

• Zinc aids in wound healing and boosts your immune system.

• Mineral sources - Calcium: green leafy vegetables (+Iron), broccoli, cabbage, dates, oranges, nuts and seeds (+Zinc). Iron : legumes, dried fruits, whole grain cereals (+Zinc), spinach and liver. Zinc: Shellfish

**Water**

Water is the sixth essential nutrient. You can go for weeks without food, but only a few days without water. Water is absolutely essential for every system in your body, a building block of new cells and the key nutrient that they rely on for survival. Transports essential nutrients to all body parts, transports waste products for disposal, and aids with body temperature maintenance.

• Water improves your brain function and mood.

• Water metabolizes and transports the proteins and carbohydrates in the food you eat to nourish your body and prevents constipation.

• Water acts a shock absorber and a lubricant in the body.

• Water helps flush out toxins, carry nutrients to cells, hydrates the body, helps maintain a healthy body temperature.

• Mild dehydration can make you feel tired, impair your concentration and physical performance. Watch for dark urine, lighter is better.

• Fruits and vegetables can also be a great source of water.

For More information or to schedule an appointment:

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