

GOOD HEALTH: THINK FOOD FIRST



There are always new headlines about things that are good or bad for our health. All of the information can be overwhelming and leave us feeling confused as to what the right thing is to do. When it comes to food, your best bet is to keep things simple.

Energy

With the explosion of energy drinks, energy bars and energy pills on the market today, it can be easy to forget where we really get our energy from...FOOD. Food provides us with calories from protein, carbohydrates and fat which our body uses for energy. Without these calories, no amount of caffeine or other stimulant will make us energized.

Vitamins & Minerals

We need these nutrients for everything from seeing well in the dark to having healthy bones. If you walk down the supplement aisle at your local pharmacy you may be under the impression that it takes a degree in biochemistry to figure out the right mix for good health. The good news is that it is a lot simpler than that. For most people, eating a variety of good foods every day will supply all of the vitamins and minerals that we need. Keep in mind that when we say “a variety of good food” that we don’t mean just changing your pizza toppings. Foods from each of the food groups provide different vitamins and minerals, so it is important to choose a variety of foods from each group every day.

The Less Messed Around With the Better.

When it comes to food, simple is almost always better. Nutrients can be damaged when a food is cut, cooked and processed for packaging. Packaged foods also need other changes to make them last longer and look better. Many of these changes take away from how good the food is for us. To make healthier choices:

- Choose whole, fresh foods.
- Beware of foods in bags, boxes and cans. They are often highly processed.
- When eating prepared food, go to restaurants that use whole, fresh ingredients and less processed food (like your dining hall).



Legumes...
beans, lentils,
peanuts, peas, and
soybeans are an
excellent source of
fiber, protein,
folate, iron,
magnesium &
calcium.