

Nutrition is the nurturing we get from food on a physical, emotional and mental level. Most health concerns are associated either with a lack or excess of nutrients.

Choosing to spend the time to notice your reaction to different foods and taking the time to prepare and enjoy healthy meals is an important step in improving and maintaining health. Keep in mind, it is not the process of eating that is essential to health – it is the absorption of proper nutrients.

Food Selection

- 🍷 Fresh, natural and organically grown food has a higher nutrient content.
- 🍷 Whole foods like fruit and vegetables, nuts and seeds, and grains provide the optimum mix of nutrients and have the most life energy.
- 🍷 Choose seasonal and local food as it tastes better and has more nutrients than food that has been stored.
- 🍷 Eat a variety of food with different flavours, colours and textures as this ensures the full spectrum of nutrients, and different foods satisfy us in different ways.

🍷 Reduce or eliminate red meats, cold cuts, organ meats, excess fatty and rich food, sugar, salt, caffeine, alcohol and nicotine.

🍷 Reduce or eliminate canned, frozen, processed, refined food and foods with additives, synthetic colourings, chemicals, hormones, pesticides or environmental toxins.

Types of Food

🍷 Fruit is best eaten raw and eaten alone as the nutrients can be easily destroyed when heated and fruit takes less time to digest than most other food.

🍷 Vegetables that are deeper in colour and smell fresh contain more nutrients.

🍷 Select whole grains like rye, multi-grain breads, whole wheat, brown rice, or oatmeal.

🍷 Protein is best from plant sources such as legumes, nuts and seeds. When choosing meat sources choose lean, organic cuts of fish and meat.

🍷 Fat from cold pressed oils of nuts and seeds are the most beneficial. Avoid margarine, animal fat and hydrogenated oils.

Eating Patterns

🍷 Sit, don't stand, and eat in a relaxed environment.

🍷 Never eat when you're upset as the body responds by tensing



muscles, including the digestive tract and this impairs digestion.

🍷 Small, more frequent meals throughout the day are easier on the body and assist in levelling out energy levels.

🍷 Chew your food thoroughly. This allows time for the digestive enzymes in the mouth to work and minimizes the work on the digestive system.

🍷 Drink less than 4 oz of warm water when eating. Excessive water or cold water decreases the digestive juices needed to break down food hindering the absorption of nutrients.

Conscious Eating

🍷 We are what we eat. Put only quality food into your body.

🍷 Pay attention to the reaction that your body has to different food.

🍷 Focus on what you're eating, the smell, taste, texture and sense of fulfilment.

🍷 When eating, eat. Don't read, watch television or get distracted by too much talking or activity.

Labels

🍷 Read labels and take the time to understand what you are eating.

🍷 A rule of thumb, if you don't understand the ingredients listed, don't eat it.

🍷 Be wary of marketing that promotes 'fat free', 'sugar free' and 'cholesterol free'. These products are often more harmful to health than the natural choices.

Preparation

🍷 Canned, frozen and processed food decreases the amount and value of the nutrients and often contain harmful additives.

🍷 Food prepared with love, attention and care is better for the mind and the body.

🍷 Steaming is also a good practice.

🍷 Avoid overcooking vegetables and grains and this depletes the available nutrients.

🍷 Cook in iron, stainless steel, glass or porcelain cookware.

Digestion

🍷 The stomach needs room to digest food. Ideally, eat no more at a meal than the amount of food you can hold in your hands.

🍷 Stress decreases the absorption of nutrients. A body that is relaxed will digest food more efficiently and with greater ease.

🍷 Regular bowel movements at least 2 times a day will ensure that toxins don't sit in the digestive tract and impact your health.

Work with your Naturopathic Doctor

🍷 to address specific digestive concerns or ways to improve overall digestive function

🍷 to identify what specific dietary plan and food choices are best at improving your overall health

🍷 to identify specific naturopathic treatments that can support you in achieving your health goals.