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Nutrition

Secrets

Revealed

*The Q & A Session
you can't afford not
to read.*

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The Basics Of Nutrition

What is nutrition?

Nutrition starts with eating food and drinking drink. The body then breaks down the food and drink into its respective nutrients. These nutrients then travel around the body to be used wherever necessary. Carbohydrates are converted into glucose or fuel for the body, protein is broken down into amino acids and fats are broken down into fatty acids. For a person to be healthy, a person must eat enough food to get a good supply of all the key nutrients.

There is a set of guidelines that the government publishes for 20 or so different vitamins, minerals and nutrients and those values are based on population studies, where they go out and look at the health of the general population and consider what people consume on a regular basis.

Is good nutrition based on certain food stuffs?

Nutrition is based on getting all the right balance of nutrients necessary for good health. A food stuff is a raw material that can be made into a food. Only eating particular foods or food stuffs will not help you be healthier.

What is the difference between nutrients and food stuffs?

In the big picture, there is no difference between the two. You can look at anything that provides nutrients to the body like carbohydrates, protein, and fats. Food in general is just a carrier for nutrients. For example, take a loaf of bread – it has starch in it and protein and non-fat dry milk, the non-fat dry milk also contains lactose. It will also contain a high amount of minerals. The non-fat dry milk will contain casein, which is a non-fat milk protein. When you eat food, you break down the food to get nutrients for the body.

How does one go about breaking years and years of bad eating habits? What is the starting point for someone who wants to start eating healthier?

If there were an easy answer to the question we wouldn't have the problems we have today like obesity. Right now in the US 60% of the population has a weight problem. "Morbidly Obese" is clinically defined as being 100 pounds or more overweight. In our population, the number of people being morbidly obese is increasing year after year.

Changing a person's perception of food starts at an early age. You can show a person in black and white what foods are good for them and what isn't and it pretty much comes down to a conscious decision to consume healthy foods or not.

It certainly helps to have a mentor or life coach or fitness trainer or just a friend where there is some kind of relationship when it comes to dealing with eating healthily.

The fact is that you need support and one of the reasons there are so many weight loss programs is that they do something a little different, they have meetings and people get together and support each other.

When you gauge how much weight people lose on weight loss programs like Optifast or Atkins and whether they keep it off, all of those people probably within a 5 year period have gained all that weight back because they have lost their support group.

It speaks volumes to me that if people are going to lose weight and keep it off they need a support group. You should not be on a diet to lose weight, you need to be making a lifestyle change.

It means finding new ways of eating and develop new habits even for your everyday activities so that the new way you are eating becomes your new lifestyle.

The Best Way To Change Bad Eating Habits

The best way to change your bad eating habits is to do it very slowly. If you try to change everything all at once, it will seem too hard to maintain. Try changing one thing at a time. For

example, perhaps you like a morning cappuccino. Decide to stop drinking your morning cappuccino and drink bottled water instead. Don't change anything else about your eating habits until you feel totally comfortable about that dietary change. Then move on to something else, like healthy snacks. Instead of that chocolate energy bar, pack a piece of fruit and a small tub of yogurt. Essentially fruit is nature's snack food, it's also cheaper.

Once you're comfortable with this change, then move onto something else. You get the picture. When you've got your diet sorted out, then you can move on to getting some exercise into your lifestyle.

So it doesn't have to be an abrupt change you just need to understand more about what you are eating and what the energy value is and the nutrient value of the foods you are consuming, and make slow but sure changes to your lifestyle.

Why do you think overweight children come from families with parents who are also overweight?

In a way it is endorsement to the children that their eating habits and lifestyle habits are acceptable. Just like any of us what better role models than your parents. If they snack and eat unhealthily then the children will as well.

However having said this, there are other considerations to take into account. For example there is some tentative evidence that people who are obese are genetically pre-disposed to it. So if this were the case, these families may have an underlying reason for their weight problems. This does not necessarily mean that there is nothing that they can do to lose weight. Families who may have these genes who eat eat wisely and exercise will be showing their children how to eat, how much fun it is to exercise, and can maintain normal weights. So while genes don't excuse bad lifestyle choices, it may be a reason why they are more likely to become overweight.

Are much of our lifestyle habits linked to emotions?

Sure. Emotions and stress - all those things get factored into it. Everybody has times of emotional need.

I know from watching myself. When I get depressed and overworked, I lose sleep because I'm trying to get work done, or something has happened that I feel bad about. When I get into these situations, I definitely end up simply eating more than I would have normally, partly to try and make myself feel better and partly because I'm so tired, that my body is craving more energy (food).

The way to avoid allowing yourself to be controlled by emotional eating is knowing what to eat, how much to eat, what is healthy and maintaining enough down time and sleep. These all factor into just having a healthy lifestyle.

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