

Nutrition Principles.

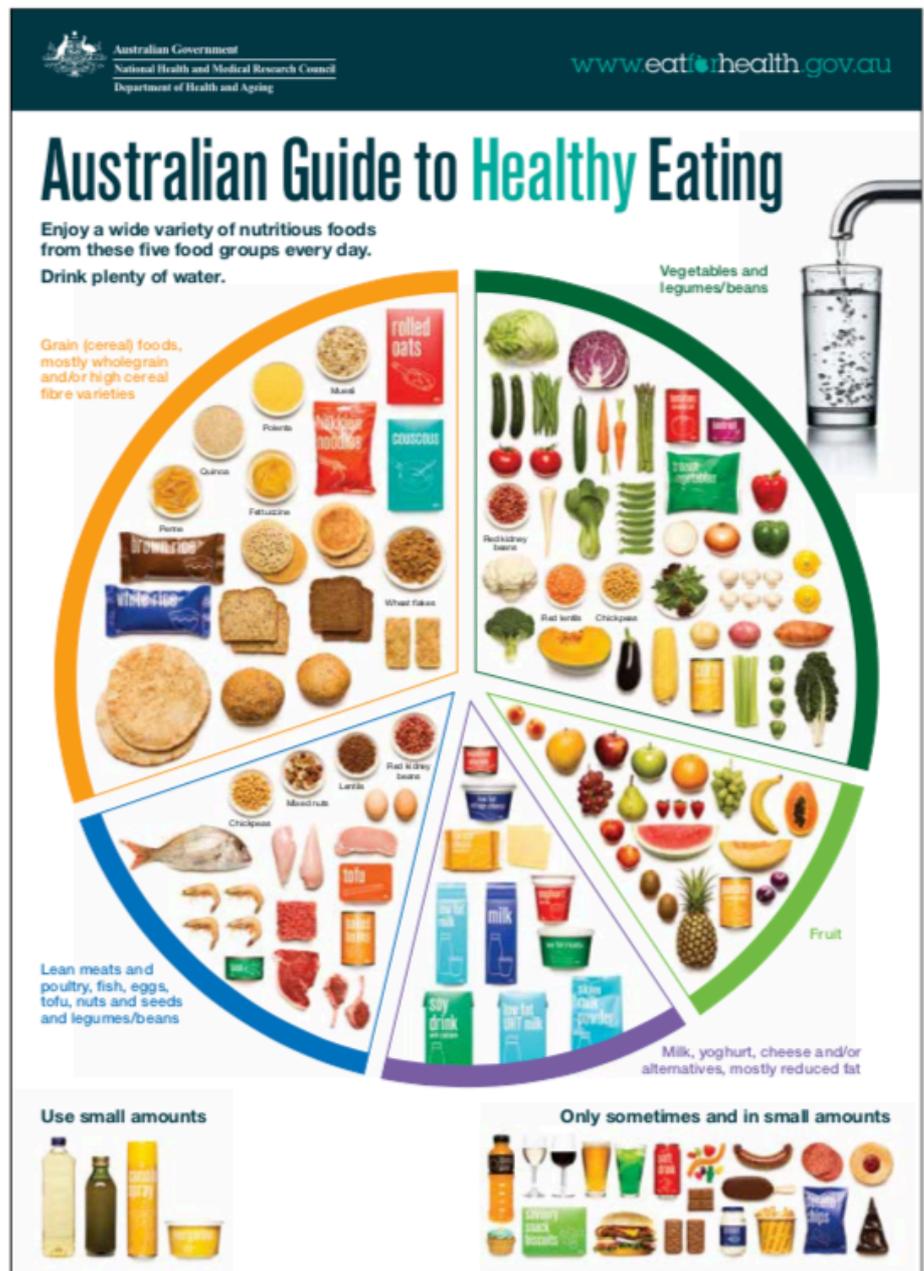
The food we eat comes in three major groups, carbohydrates, fats or lipids and proteins. These are described as the macronutrients, all other types of foods (except alcohol) fit into one or more of these three types.

It is recommended that we take in about 15-25% of our macronutrients from proteins, 20-35% from fats and 45-65% carbohydrates. (We are, of course, talking healthy whole or complex carbohydrates here, not processed foods).

A nice pictorial way to view this that I may have shown you before, but here it is again as it is useful and clear, to your right.

So a large proportion of your intake should consist of grains, vegetables and fruits, with the meat, fish and dairy section being no more than a third of your intake.

As you will know if you have read our book, I prefer to avoid all meat and dairy, having some fish so most of my protein comes from grains, vegetables, nuts, seeds and fish. My fats come from healthy fats such as avocado, olive oil, flaxseed oil, nuts and seeds and fish. My carbohydrates are plentiful, lots of plant foods in their natural form.



Through the course we learnt how the body handles these foods. How they are digested using various enzymes and then transported around the body by transport agents, to the cells where they are used for energy metabolism or building body tissue.

Energy transport, storage and metabolism is very complex, but suffice to say that my mind was blown by the amazing complexity yet elegance of how it all works. It is a miracle things don't go wrong more often!!

Finally we came to vitamins and minerals. All of which are much more vital to good health than I realised. These micronutrients, as they are called, play key roles in the every reaction that goes on in the body, from energy production to the balance of chemicals in your blood and in your cells. They build your teeth and bones, are part of your blood cells, your immune cells, your hormones, your enzymes. Everything in fact, your body would grind to a halt without them. So don't skimp on the vegetables and fruits where the largest part of your micronutrients come from.

Water of course, is also vital. It is quite amazing how water balance is regulated in the body. If you feel thirsty, the hypothalamus in your brain has detected that there is low blood volume and you need to drink, so you get the thirst sensation. Then other mechanisms go into action to make your urine more concentrated so less water is lost.



Altogether this was a mind blowing unit, that makes me in awe of the marvel that is the human body. Never underestimate the importance of what goes in your mouth, it makes all the difference to what goes on inside and therefore your overall health and wellbeing.

So next trimester I will be learning BioChemistry, which sounds scary, but I am excited to understand it all and will get back to you in three months with a further update!!!

In the mean time, eat well, stay safe and enjoy the best of health.

Sarah Glass Feb 2021