



A Healthy Guide to Good Nutrition

Weight loss and wellness start in the kitchen

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E B O O K



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A top-down view of a large, round, white ceramic plate filled with a fresh salad. The salad includes sliced cucumbers, chunks of red tomatoes, cubed white cheese, and various green leafy vegetables. The plate is set on a light-colored surface with a light blue cloth partially visible in the upper right corner.

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Welcome to Your New Journey

Excellent nutrition is the basis of a healthy diet. Whether you have already reached your weight goal or striving to reach your weight goal, being health and well is more than just burning more than you eat! Overall body health improvement, well-being and weight (gain or loss) must be included in the equation or you could be heading for problems.

Correct nutrition can help to reduce the risk of a many health-related problems, the most scary of which are diabetes, heart disease and cancer. Good nutrition, however, involves eating different foods, watching how much you eat of some food, how much you drink as well as counting calories.

Good healthy foods offer balanced nutrition that reduces cholesterol, blood pressure, and helps control weight. Congrats on taking the leap to better health, better wellness & better living.

Macros - The Big Nutrients

To function properly, your body must have the correct mix of nutrients:

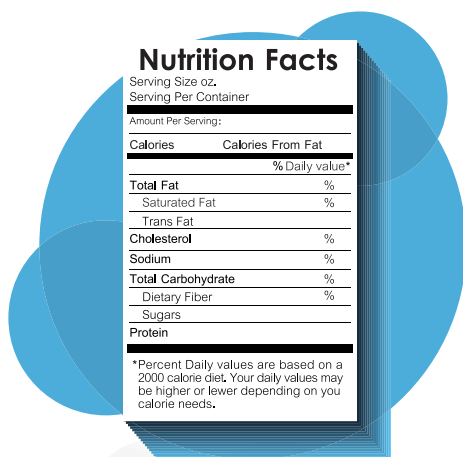
Carbohydrates. These are the main source of energy and fuel in your diet. The body uses carbs to build glucose which is used immediately or stored in your body for later. Too much glucose, however, is stored as fat. There are two types of carbohydrates - simple and complex. Sugars are simple carbohydrates. Starches and fibers are complex carbohydrates.

Proteins. Proteins help your body build and maintain muscles and other tissues. They also function in the creation of hormones. Like carbohydrates, excess protein is stored as fat. Animal and vegetable are the two major types of proteins. Too much animal protein can cause high cholesterol, as it is high in saturated fat.

More Macros

Fat. Strange as it may seem; fat is another nutrient your body needs. It comes in both saturated and unsaturated forms. Saturated fat puts you at risk of health problems such as heart disease and high cholesterol. Unsaturated fat is healthy, but if it goes through any type of refinement process, it can become saturated fat.

A quick check of the nutrition facts on your food items can let you know how much macro nutrients you are consuming and in what form.



Nutrition Facts	
Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	
*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Micros - The Smaller Nutrients

Vitamins. These are also much needed nutrients. Different vitamins perform different tasks in the body. They help with energy levels for and has also been noted to prevent disease.

For example, vitamins A, C, and E, also called antioxidants. These assist with the prevention of coronary artery disease by keeping build up from occurring on artery walls. Vitamin B-1 is needed for digestion and proper nervous system function. Vitamin B-2 is needed for normal cell growth. Vitamin B-3 helps to detoxify your body. Folic acid assists with production of red blood cells. Vitamin D assists with the absorption of calcium. Vitamin K helps your blood clot.

More Macros

Minerals and trace elements. These are another nutrient your body needs. Both are used in many different body processes. Minerals like chlorine help make your digestive juices. Phosphorus helps build strong bones. Both can be found in the foods we consume, but with a trace element, your body just needs a tiny amount. Salt is one final nutrient your body requires. However, you should not consume more than 2400 milligrams of salt per day, as it might raise your blood pressure.

With all things, make sure you talk to your healthcare provider to ensure you are getting the right amounts of vitamins and minerals.

Staying Healthy

There are steps you should follow to create a well balanced, nutritional diet. First, try to consume 2-1/2 cups of vegetables and 2 cups of fruit everyday. When making your choice for each day, be sure to choose a good variety. A good rough guide is to eat as many different colors as possible, this will help you to select from all five vegetable subgroups at least four times per week.

You should eat at least 3 ounces of whole grain products each day. At least half of your grain intake should be whole grain based. Your total fat intake should only be between 10% and 30 percent of your calories.

Most of the fats you consume should be in the form of unsaturated fats, as saturated fats can do much to damage your health. Meat, poultry, dry beans, and milk or milk products (if you drink milk) should all be lean, low-fat, or fat-free.

Staying Healthy

Less than 10% of your calories should come from saturated fats, and you should always try to avoid trans-fatty acid.

Fiber-rich fruits, vegetables and whole grains are always a plus and should be a regular part of your diet as should potassium rich foods.

Alcoholic beverages should be consumed in moderation.

Eating good foods, can be fun, enjoyable and make you feel good inside and out. Remember everything in moderation. You are on your way

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