

# You are what you eat!

## The importance of healthy fuel



The old adage 'You are what you eat' couldn't be more true. The food we eat is our fuel and, while we pay a lot of attention to making sure that we don't put the wrong petrol or diesel into our cars, we often don't pay as much attention to the fuel that we choose to put into our own bodies. The wrong fuel is as damaging to our bodies as it is to our cars because our food choices affect our health - how we feel today, tomorrow and in the future.

Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you reduce your risk of chronic diseases (like heart disease and cancer), maintain a healthy weight and promote your overall health.

Many people feel tired, are in pain, are stressed, are suffering from hormonal symptoms, have poor cognitive function or low mood or have chronic digestive issues. Looking at your diet and nutrient intake and making small changes can lessen and even resolve many, if not all of these symptoms.

Nutrients in the food that you eat provide the components for the structure, function and integrity of every single cell in your body.

Protein foods are broken down into amino acids and they form the building blocks for literally every function that the body does; growth and repair, digestion, immunity, hormone production, neurotransmitter production, fertility etc.

Carbohydrates provide the body with the fuel it needs to function optimally and fats provide the body with fuel, warmth, keep our cells healthy, replenish the grey matter in our brain and can be either pro or anti inflammatory.

Vitamins and minerals are needed for the enzymes and reactions that make everything work properly; from energy production to mental health to hormone balance to digestive function etc.

Choosing the right foods but also the quality of food has a huge impact on all of the above.

It's also important to think about hydration. Dehydration can seriously impact not just physical well being, but mental well being as well. Our body is about 60% water and it is important for our health to maintain the delicate balance of hydration.

Current government guidelines are 1.5 litres a day for women and 2 litres a day for men. Symptoms of dehydration include constipation, dry skin, impaired cognitive function, impaired immunity and increased heart rate, so you can see how important fluid balance is to so many body systems.



