



Essential nutrients

Incorporate a balance of essential nutrients in your everyday nutrition

Carbohydrates

Primary source of fuel for our central nervous system and provides fiber which aids digestion.

- + Healthy sources: Whole grains, beans and fiber-rich vegetables and fruits

Protein

Aids growth, repair and maintenance of bones, muscles, tissues and skin.

- + Healthy sources: Lean meat, fish, eggs, beans and nuts

Fats

Supports vitamin and mineral absorption, builds cells and helps with muscle movement.

- + Healthy sources: Avocado, nuts and seeds

Vitamins & Minerals

Helps build strong bones, boosts immune system, converts food into energy and repairs cellular damage.

- + Healthy sources: Fruits, vegetables and supplements

Water

Aids in digestion and nutrient absorption, lubricates joints and flushes out waste and toxins.

- + Healthy sources: Drinking water, fruits and vegetables

Try these tips to make healthy food and beverage decisions

- + Practice intuitive eating and trust your physical sensations about food
- + Read nutrition labels carefully
- + Choose foods with lower calorie density
- + Portion your food by using smaller plates and cups
- + Be mindful while you eat and unplug from your smart phone and TV
- + Organize your food so healthy choices are convenient



Take action

- + Work with a [Providence Health Coach](#)
- + Track your food with a mobile app like [MyFitnessPal](#) or [Lose It](#)
- + Build a healthy eating pattern by following the [Dietary Guidelines](#)

Modern eating trends

Understand the potential risks and benefits of today's eating trends



Gluten Free (GF)

A diet that cuts out gluten, which is a protein found in grains such as wheat, rye, and barley.

- + Benefit: Includes whole foods that are naturally GF
- + Drawback: GF packaged foods aren't always healthy



Whole 30

A 30-day plan that cuts out dairy, alcohol, grains, legumes, and sugar in a bid to "reset" your system when it comes to food.

- + Benefit: Eliminates processed foods and added sugar
- + Drawback: Not sustainable due to its' restrictiveness



Ketogenic

A diet that is high in fat and low in carbohydrates, with the goal to put the body in a state of ketosis, where the body burns fat instead of carbs.

- + Benefit: May have brain protecting properties for people with uncontrolled epilepsy
- + Drawback: Possible nutrient deficiencies from excluding certain food groups (ex. fiber from whole grains)



Intermittent Fasting

A regimen that cycles between brief periods of fasting, with either no food or significant calorie reduction, and periods of unrestricted eating.

- + Benefit: Includes all whole food groups
- + Drawback: At risk for overeating when food is reintroduced



Paleo

Models eating habits off of what our ancestors from the Paleolithic era may have eaten, which means cutting out grains, dairy, and legumes.

- + Benefit: Emphasizes unprocessed, natural food
- + Drawback: Lacks nutrients gained by eating whole grains, dairy and legumes (ex. calcium from dairy)

Take action

- + Work with a [Providence Health Coach](#)
- + Track your food with a mobile app like [MyFitnessPal](#) or [Lose It](#)
- + Listen to the Providence Health Coaching podcast, [Healthy Bites](#)