

## Getting to the Root of Nutrition: The Pillars of Nutrition

What are we made of? While this may seem like a simple question, the answer is essential to the study of nutrition. Over hundreds if not thousands of years the study of nutrition has aimed to break down the different compounds from which the body is made and to understand where they came from. The simple fact is that the entire human body is made out of food and water and to a lesser extent air and light. The things that do not fall into these categories may be toxins and actually cause a burden to the structures and functions of the normal body. Many toxins are added to our food today and you may be surprised by what some of them are. Knowing what supports correct bodily function and what burdens it can help you make better choices about your lifestyle and your diet and the result is an improved level of wellness. Understanding that from the very beginning you were and continue to be made out of the compounds found in food and water, nutrition and the study of it is obviously primarily health care and neither alternative nor complimentary. Nutrition is the most fundamental aspect of life. What makes the food that makes us? First we have the so-called "pillars of nutrition." These are also known as macronutrients because they take up the largest portion of the food, apart from water which makes up a substantial portion of any food.

## About the Author

BeNutriFit Nutrition Manager is nutrition software designed to offer a way to analyze the quality of nutrients in your diet. Anyone interested.

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