

Nutrition And Healthy Eating - What You Should Know

Many people think that they can achieve a healthy lifestyle simply by maintaining a diet that prevents obesity. While keeping trim is one aspect of being nutritionally sound, there are many other factors that figure into getting your body working in the best possible shape. Your body needs plenty of nutrients to stay in its best condition, and a diet simply isn't enough. A combination of receiving nutrition and healthy eating can result in great things for your health. For instance, your body requires a daily amount of calcium. If you cannot achieve these daily guidelines, the calcium levels in your blood will drop. This will disrupt nerve communication and hinder blood clotting. If you neglect your calcium levels long enough, the bloodstream will begin to sap the very calcium that makes up your bones. This results in brittle bones, the onset of the dreaded osteoporosis. Also, it's important to get your daily vitamins. Vitamins A, B-complex, C, D, E, and K are all necessary on a daily basis to maintain your health. They contain antioxidants that help your body fight off the negative effects of free radicals – molecules that attack the cell membranes in your body. A lack of these vitamins can result in a range of symptoms, from things as simple as chapped lips to long-forgotten diseases such as scurvy, caused by a lack of vitamin C. Of course, nutrition and healthy eating go hand in hand; while vitamins and minerals are required, it is also important to get the right amounts of protein, carbohydrates, and fat. Without enough protein, your body is unable to repair damaged tissues, or create new tissues. Carbohydrates are key in providing your body with the energy it needs for your day-to-day tasks. Fat is also important, as too low a fat level can be detrimental to the body. Now that you have an idea of some of the nutrients daily, you need get off your butt and start exercising. Exercise will do wonders for your whole body, mind, and even spiritual state if pursued long enough.

About the Author

Provides nutrition education information and resources for teachers, parents and kids. Guides, school programs and menu. Developed by the National.

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