



Changing what we eat today for a Healthier Tomorrow

By Deanna Trask RHN, NNCP

So you've made a decision. It's a New Year and you're going to make healthier food choices -
- more organic fruits and vegetables, less processed foods with colouring and preservatives, and more chicken and fish. Out with the bad, in with the good! That little voice in your head tells you to cut back on the caffeine, alcohol and even quit those cigarettes; however, sometimes it seems like more effort than it's worth.

Knowing where to start is half the battle; realizing that you didn't get there overnight is another point to consider. Taking back your health is going to take a little time and effort. Don't worry about tomorrow. Just think about that one healthier choice you can make today and stick with it. Perhaps it will be drinking more water or having one fewer cup of coffee. Regardless of what your one thing is, stick to it and make it habit. Then be sure to congratulate yourself on a job well done and realize that you can tackle the next goal you set for yourself just as easily.

Consider making conscious choices to incorporate whole foods in their natural state as becoming a way of life. The cells in your body are made from the raw materials that you eat. What better way to nourish your body than with whole, natural and life giving foods.

Your body will begin to thank you for the wholesome nourishment by doing a little housecleaning of its own. Putting the brakes on toxins and pollutants will give your body a chance to better balance itself. It will rid itself of the toxins that have already accumulated in your body. Toxins come from stressors: environmental, physical, emotional, spiritual, nutritional or electro-magnetic sources. Toxins cause free-radicals to form in your body. These start to do damage to your cells. Eating a diet rich in anti-oxidants found in fruits and vegetables help to fight free-radical damage thus preventing disease and slowing down the aging process.

So this new year, forget about the fad diets and latest weight loss gimmick. Begin to fuel your body with foods closest to their natural state as possible (preservative, pesticide and chemical free). Read the labels. If you don't understand the word it's probably not good for you. Try making more salads and soups, rice and beans, fish and steamed veggies. Take your lunch to work; eat less and more slowly; stock the fridge with fresh fruits and veggies; drink lots of water; Switch to herbal or green tea instead of coffee.

Remember moderation and balance. Who knows? Those pants just might fit a little looser, your skin may clear up, you may feel more energy or sleep better at night.

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