

Whole Food Nutrition

The food we eat today has changed dramatically over the past century. Since World War II, the food industry has enticed the public to buy their products with fancy packaging and catchy jingles but has delivered very little in the way of true nourishment.

Unfortunately, the Standard American Diet (SAD ☐) focuses more on convenience than on nutrition and this has left us in a, well, SAD state of health. Rates of chronic diseases such as diabetes, hypertension, and heart disease have skyrocketed along with a dependence on prescription medications.

Consuming food as close to its original state as possible is a great way to start thinking about what “real” food truly is. For instance, if given the choice between sweet potato chips or a baked sweet potato, which would be the better option? Since sweet potato chips don’t grow in nature, one instinctively knows that a simple baked sweet potato has a higher nutritional value. The same can be said for an apple instead of canned applesauce or a lean piece of baked chicken instead of Chicken McNuggets. Like a high performance race car, the human body requires the proper fuel to function at its optimal level.

Knowledge is power! Working with a trained and experienced holistic health professional will get you started on your path to wellness. Call Balanced Nutrition and Wellness Consulting today at 813-789-8302.