

EAT REAL FOOD



Eating Real Food!

Eating Real Food means eating food that is unprocessed and of high nutritional quality. This means consuming foods from each food group that are naturally high in vitamins, minerals, and fiber without added sugar, salt, fat, or other unhealthy ingredient additions. Read on to learn more about what foods will help fuel your day and keep you healthy.

Carbohydrates

Carbohydrates are a macronutrient found in food that provides us with energy. Quality carbohydrates include whole grains, vegetables, fruits, and beans. These contain fiber, vitamins, minerals, and phytonutrients that can help reduce blood pressure and your risk of heart disease and stroke.

Fruits and vegetables in particular have been shown to help prevent some types of cancer and lower your risk of eye and digestive problems. Try different types and colors of fruits and vegetables to get a variety of the nutrients they each provide. Aim for 5 or more servings a day.

Proteins

Protein is another macronutrient found in food; among its roles, it is used to build and repair muscle and tissues of the body. High quality protein sources include fish, eggs, chicken, meat, beans, nuts and seeds, and whole grains.

Limiting consumption of red meat as a protein source, as well as consuming lean cuts of all meat, will help keep fat in balance while still getting the protein you need.

Fats

Fat is a third type of macronutrient found in food that has many roles in the body including hormone production. There are several different forms of fat that come naturally in foods. The key is to choose a variety of these for a healthy balance, as too much of any – in real-food form or added fat – can contribute to chronic health disease risk.

High quality fats and oils are found in a natural balance by consuming nuts, seeds, avocado, and fish; aim for one serving of these each day and fish 2-3 times a week.

Red meat, poultry, cheese, and butter are real foods with fat, but are often overconsumed compared to the sources mentioned above. They should be limited to one serving and not consumed every day.





Be Mindful

Eat when your body tells you it is hungry and stop when you feel full. Avoid dieting. Instead, focus on slowly introducing healthier foods into your diet. Avoid using food to cope with emotions. Pay attention to how foods make you feel. Healthy foods typically leave you feeling better and more energetic.

Read the Label

Understanding nutrition labels can help you make healthier food choices. Many products make health claims such as “made with whole grains” or “low fat” but include added ingredients that are not healthful, such as sugar, to make them more palatable. Nutrition labels may also list a small serving size that is frequently much smaller than what people actually consume in one sitting. Look for foods that do not have added sugars and are low sodium, high fiber, and have few ingredients.



More Information

For more evidence-based information on eating real food, visit the following websites:

Medcor Guiding Health Principles

www.Medcor.com/Eat-Real-Food

Academy of Nutrition and Dietetics

www.EatRight.org

USDA

www.ChooseMyPlate.gov

Harvard Nutrition Source

www.Hsph.Harvard.edu/NutritionSource

Fruits and Veggies More Matters

www.FruitsAndVeggiesMoreMatters.org

Nutrition Labeling

www.FDA.gov/NutritionEducation



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