

FOOD IS MEDICINE!

Vitamins and minerals

Many nutrients in food promote health and protect your body from disease. Eating whole, nutritious foods is important because their unique substances work to create an effect that can't be replicated by taking a supplement. Today's diet—high processed and low whole fresh fruits like produce—are usually deficient in vitamin C, vitamin D and folate may harm your heart, cause immune dysfunction, and increase your risk of certain cancers.

Antioxidants

Nutritious foods, including vegetables, fruits, beans, and grains, boast numerous beneficial compounds, such as antioxidants.

Antioxidants protect cells from damage that may otherwise lead to disease.

In fact, studies demonstrate that people whose diets are rich in polyphenol antioxidants have lower rates of depression, diabetes, dementia, and heart disease



Fiber

Fiber is an essential part of a healthy diet. It not only promotes proper digestion and elimination but also feeds the beneficial bacteria in your gut.

So, high-fiber foods like vegetables, beans, grains, and fruits help protect against disease, decrease inflammation, and boost your immune system.

On the other hand, low-fiber diets are associated with an increased risk of illnesses, including colon cancer and stroke.

Protein and Healthy fats

The protein and fat in whole, nutritious foods play various critical roles in your body. Amino acids — the building blocks of protein — aid immune function, muscle synthesis, metabolism, and growth, while fats provide fuel and help absorb nutrients.

Omega-3 fatty acids, which are found in foods like fatty fish, help regulate inflammation and are linked to improved heart and immune health.

Whole, nutritious foods boast vitamins, minerals, antioxidants, fiber, protein, and fat, all of which promote health and are key to optimal bodily function.

Following a healthy diet can increase longevity, protect against disease, and improve your overall quality of life.

Although many foods have strong disease-fighting benefits, diet should not be considered a replacement for conventional medicine.