

N - Nutrition

A nutrient is any substance that provides nourishment, for example, the minerals that a plant takes from the soil or the constituents in food that keep the human body healthy and keep it growing. Nutrition comes from a variety of foods, and each interacts with and provides a balance for the body. Do not neglect a wide choice of foods, including grains, fruits and vegetables and protein. Lean beef, fish, poultry, even wild game can provide great sources of protein.

Plant proteins are less complete and if not researched can lack certain minerals that provide the right balance for good health, especially in children, teens, and pregnant women. Lean beef, for example, provides the equivalent of a multi-vitamin supplement, but also provides heme-iron, vitamins B-6 and B-12, zinc, niacin, and phosphorus. It also contains CLA, which is shown to be heart healthy.

MINDSET™ - Seven Key Elements of Health & Longevity

