

## Food -- Healthy Mindset

When it comes to achieving your goals, whether it be weight loss, increased muscle and strength, improved health and fitness, or all of the above, you cannot overemphasize the importance of diet in determining whether you will be successful or not. You have to understand the concepts of eating healthy foods, and how to make good food choices. Not everyone has the luxury of a personal nutritionist to give them diet advice, so by actually understanding what constitutes 'healthy food' i.e. something that is good to put in your body and what is probably not so good, it will put you well on your way to being a much healthier you. Remember no matter what your goals, whether it is performance or aesthetics, a healthier body will always get better results.

*Try and not eat anything that not natural.*

Any food that has been made by humans or changed by humans in some way to take on the form that it does now will generally be unhealthy. We should be trying to eat the food that is as close to what we are biologically designed to eat and what we have eaten throughout our hundreds of thousands of years in existence on this planet.

If your food is alive, or used to be alive, if it has been plucked off a tree, or picked from the ground, then it will generally be good for you and a healthy diet. If your food has been manufactured, or put through some level of processing to take on the form it does now, if it simply does not exist in nature without the interference of human processing, then it is most likely unhealthy. Now there are shades of grey when we start to look at vitamins supplements and things like that may be the only exception to this rule.

The more steps in the processing of food the worse it will be for you, so we should ideally be aiming for as little processing as possible. The staple of our diets should be lean animal meat, fish, fruit, vegetables,

nuts, seeds and water. It was only about 10,000 years ago that humans even started farming grains for mass human consumption. Even grains, which are considered by most to be really healthy foods, are not really part of a natural human diet. Compare 10,000 years of eating grains to how long we have been on the planet which is about 200,000 years as the modernized human; with our human lineage going back millions of years before that.

While we have not really changed all that much, we basically have the same bodies, the same physiological make up and same digestive system. The diet of humans has changed more in the last 100 years than it ever has in the history of our millions of years in existence, and we are now a society struggling with obesity and health problems and inflammatory and autoimmune diseases to say the least.

Whilst the human body is amazing and it can cope and adapt to a certain degree, we will eventually wear it down and it will succumb to ill health sooner or later if we continue making bad diet choices. Natural sources of food which the human body has been surviving on for a long, long time will supply you with all the natural nutrients, vitamins, minerals and fats our bodies need. All the energy dense, processed, unnatural, high in sugar, high in trans fat foods that are around today will do you no good at all, in fact, they will do you a lot of harm if you eat them consistently for long enough.

Take a minute to think about how your ancestors found and prepared their food, and where they got their food from. It is easy to forget in this world of ours where we can just go to the supermarket and purchase a totally man made piece of food in a shiny wrapper with 'healthy whole grains' written all over it and feel like we are eating healthy food, that for most of human existence we simply didn't consume this sort of stuff.

We cannot afford to neglect our diets and we cannot forget the fact that to look and feel as best as we can, our diets will play a major role, in fact the most important role. Obviously it is hard to be perfect,

and everyone will have a meal here and there which will not be as healthy. If you try to make sure that around 90% of the time you follow a close to natural diet then you will no doubt improve on your health, fitness and performance goals.

Some people will find they do not respond well to the consumption of too much grain and wheat based foods, this is very much an individual affair.

These foods should make up approximately 90% of your healthy diet

### **Protein Source**

- Fish/Seafood
- Chicken
- Turkey
- Lamb
- Beef
- Eggs
- Whey

### **Vegetable Source**

- Spinach
- Broccoli
- Carrots
- Peas
- Cabbage
- Beans
- Cauliflower
- Greens Powder
- Tomatoes
- Potatoes
- All coloured vegetables

### **Fruit Source**

- Apple
- Banana
- Berries
- Grapes
- Pear
- Peaches
- Plums
- Watermelon
- Oranges
- Grapefruit
- Mangoes
- Guava
- All seasonal fruits

### **Good Fat Source**

- Fish oil
- Gingili oil
- Coconut oil
- Egg yolk
- Nuts
- Sesame oils and seeds
- Cereals and grains
- Seeds

### **Secondary Carb Source**

- Rye Bread
- Whole meal Bread
- Brown Rice
- Oat Bran
- Lentils
- Sweet Potato

This is not a exhaustive list but suggestions. Each area has some geo-specific foods. Go natural is the key message.