

Eat Well-Feel Well  
The Everyday Reference  
To A  
Healthy Diet

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The following information is a simple guideline to help educate people  
about diet. The information is based on general research, and is not a  
source of all existing nutritional facts. *Eat Well-Feel Well*

# ENERGY

Tired of feeling like your tank is running on fumes? Do you start out your day on fire and suddenly fall short?

Your body relies on constant fuel, when we deprive ourselves of food that provides long lasting energy we feel sluggish and defeated. Try to incorporate these foods into your diet and enjoy the endurance you gain.

## Whole Grains

These are considered complex carbohydrates; they're high in fiber which helps slow the breakdown and absorption of sugar. They also contain antioxidants which are found in fruits and vegetables. Additionally, whole grains reduce the risk of heart disease, diabetes, and cancer.

## Beans

This vegetable is full of protein, vitamins, minerals, and fiber. In 2005 The Department of Agriculture recommended Americans to eat three cups of beans a week.

## Pasta

Pasta is extremely high in complex carbohydrates and low in calories, fat, and sodium. Athletes use this to provide endurance before they exert high levels of energy.

## Salmon

Whether you call yourself a fish person or not, salmon is high in protein and its concentration of omega-3 fats and vitamin B contribute to cardiovascular health.

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# ENERGY

## Almonds

This nut is the most nutrient-dense nut ounce for ounce. Adding two ounces of almonds to your daily diet will increase your intake of vitamin-E and magnesium.

## Dried Fruit

These can provide high-energy and are low in fat. Dried fruits are great snacks and almost never go bad.

## Oatmeal

According to the American Dietetic Association, oat products are some of the best sources of soluble fiber. Try adding other high energy foods like dried fruit or nuts to add flavor and boost energy.

## Yogurt

One cup of yogurt contains almost 13 grams of protein and 17 grams of carbohydrates. Yogurt is an easy and delicious way to get the energy you need.

## Bananas

Bananas are a great source of potassium and magnesium. One banana a day can help prevent stiffness caused by daily activities.

# SLEEP

Try the natural way to help you sleep. These foods can relax your muscles, settle you down and help release sleep-inducing hormones like serotonin and melatonin. Indulge yourself with one of these before you call it a day.

## Turkey

Rich in the amino acid tryptophan turkey is a great aid in receiving a good nights rest. Tryptophan helps the brain make serotonin which is a neurotransmitter that is needed for sleep.

## Cherries

Fresh cherries are a great source of melatonin. These little snacks can help set your bodys internal clock to prepare for sleep. Researchers have recommended eating them about an hour before you hit the pillow.

## Chamomile Tea

Chamomile Tea is the perfect bedtime blend. It is know to have a mild sedating effect creating a natural antidote for ones busy mind.

## Almonds

Grab a handful of almonds before nap time. Almonds contain tryptophan and the muscle-relaxing magnesium.

# SLEEP

## Toast

One or two slices of toast just may do the trick. Toast is a carbohydrate rich food which promotes insulin production aiding in sleep. Toast also contains serotonin and tryptophan setting the mood for a sleepy night.

## Warm Milk

Just like mom gave you. A glass of warm milk before bed is comforting and contains the amino acid tryptophan. Milk is also full of calcium which promotes sleep.

## Flaxseed

When your day has been longer than you anticipated sprinkle 2 table spoons of flaxseed on your bedtime snack. They're rich in omega-3 fats and are a natural mood lifter.

## Bananas

Containing melatonin and helping the release of serotonin, bananas can help us get tucked right in. This tasty fruit also contains magnesium aiding to relax muscles.

# SKIN

Feeling like you lost that glow that made you smile? This could very well be the condition of your skin. Healthy supple skin can give a youthful appearance.

Along with protecting yourself from the sun, hydration, exercise and diet can improve the condition of our skin. These foods can help repair and restore the beautiful you.

## Low Fat Yogurt

Not only will this soothe your sweet tooth, but low fat dairy products are full of vitamin A, an essential vitamin known to do nourish skin.

## Avocados

Tasty and healthy, avocados are known to work like an anti-inflammatory agent. They are rich in B-complex vitamins and essential oils.

## Mangoes

Fruity and delicious mangoes help repair skin cells and prevent your skin from looking flaky.

## Water?

Who would of thought, good hydration is key in good skin care. Drink at least 8 glasses of water a day and stay away from drinks known to cause dehydration.

## Cottage Cheese

Not only full of calcium, cottage cheese contains the mineral selenium. This mineral is essential for youthful glowing skin.

# SKIN

## Berries

Blueberries, blackberries, strawberries and even plums. These yummy snacks contain antioxidants, which means the more we eat the longer we can preserve our healthy skin.

## Almonds

Almonds are a great source of vitamin E which helps moisturize our skin from within. They can prevent skin damage and are known to help maintain healthy facial tissue.

## Green Tea

Contrary to belief, a good tea will not dehydrate you. Acting as an anti-oxidant and anti-inflammatory agent, tea can fight bacteria known to age skin.

## Spinach

Spinach and other leafy greens contain antioxidant vitamins A, C, and E. Spinach also contains the mineral iron which is essential in keeping our blood healthy and maintaining our natural color.

## Salmon

Looking to get your omega-3 and omega-6? Look no more. These fatty acids keep skin beautiful and moisturized.

# HAIR

The most effective way to obtain a healthy head of hair is through our diet. Beautiful shiny hair is the result of a healthy body, made by a healthy diet. These are some of the foods known to contribute to that lustrous look.

## Carrots

Containing vitamin A, carrots aid in maintaining a healthy scalp. This will contribute to a well conditioned head of hair.

## Poultry

Chicken and Turkey are great sources of valuable protein. Without adequate amounts of protein our hair can become weak and brittle.

## Whole Grains

Whole Grains contain iron, B vitamins and zinc. A zinc deficiency has been known to lead to the shedding of hair.

## Dark Green Vegetables

Broccoli, spinach and swiss chard are great sources of vitamin A and C. These vitamins are needed for the production of sebum, which is the oily substance that naturally conditions our hair.

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# HAIR

## Minerals

There are a variety of minerals that are important for healthy hair. Zinc is known to help in the prevention of hair loss. Iron carries oxygen to our hair follicles and copper can improve the natural color of our hair.

## Beans

Beans are a good source of protein which promotes hair growth. They also contain an ample amount of iron, zinc and biotin. Biotin deficiencies can lead to brittle hair.

## Eggs

When it comes to healthy hair you can't go wrong with eggs. Eggs are one of nature's best sources of protein.

## Brazil Nuts

These great nuts are one of the best sources of selenium. This mineral is known to be important for a healthy scalp.

# BRAIN FUNCTION

Feeling a bit absent minded? You're probably not alone. A balanced diet is the best way to maintain a healthy brain.

There are some foods that are especially good for our brain. Try feeding your mind with some of these.

## Acai Berries

Acai Berries have the highest orac antioxidant levels than any other berry tested. Fresh Acai berries are a valuable food for a healthy brain.

## Fruits

Fruits are a great way to receive antioxidants. Some of your options include oranges, red grapes, cherries, kiwis, strawberries, blackberries, cranberries and blueberries.

## Vegetables

Vegetables are also rich in antioxidants. Try adding vegetables like broccoli, cauliflower, and spinach to your diet.

## Tuna

Not only full of omega-3's, tuna, especially yellowfin, has higher levels of vitamin B6 than any other food. Studies have indicated that vitamin B6 is directly related to memory, cognition and the longevity of a healthy brain.

# BRAIN FUNCTION

## Coffee

Believe it or not coffee is good for our brain. Coffee contains fiber which improves our cardiovascular system. The thing to remember is not to ruin a good thing by over doing it. You can safely drink a couple of cups a day.

## Avocados

Avocados contain monounsaturated fat which helps our bloods circulation to improve. Good circulation is essential for optimal brain function.

## Garlic

Potent in aroma this one stands out. Garlic is known to reduce bad cholesterol and strengthen our cardiovascular system.

## Tomatoes

Tomatoes contain the antioxidant lycopene, and is know to have higher levels when cooked. The antioxidant lycopene is particularly good for our brain and can help prevent dementia.

# HEART FUNCTION

Heart disease is the number one killer of both women and men in the United States. If you're worried about the condition of your heart, the best thing you can do is begin eating a healthy diet. Here are some foods known to help maintain a healthy heart.

## Olive Oil

Did you know that olive oil can reduce the risk of heart disease? Olive oil can do this by lowering your LDL cholesterol levels. Try adding this to your balsamic vinegar or using it as a dip for your bread.

## Apples

Apples contain a phytochemical called quercetin. This acts as an anti-inflammatory and can help prevent blood clotting.

## Red Wine

This inviting drink contains an antioxidant called resveratrol. Resveratrol is known to be good for the heart. Remember to enjoy and drink this beverage in moderation.

## Soy

Soy protein is a great substitute for red meat, and has been shown to prevent heart attacks by reducing saturated fat intake.

## HEART FUNCTION

### Spinach

Spinach can help keep your heart in top shape, thanks to its abundance of lutein, folate, potassium and fiber.

### Nuts

Nuts are a great source of omega-3 fatty acids, and are loaded with mono- and polyunsaturated fat. Almonds, macadamia nuts, and walnuts can also be a great snack.

### Berries

Strawberries, blueberries, blackberries, and more, all berries that you eat are full of anti-inflammatories. These are known to reduce the risk of heart disease and are great for our cardiovascular health.

### Black Kidney Beans

These black beans are packed with omega-3 fatty acids, calcium and soluble fiber. Another great combination for a healthy heart.

# IMMUNE SYSTEM

Our immune system is our body's natural defense in fighting for our health. It was designed to fight against the attack of viruses, infections, bacteria, parasites and diseases. The following foods are known to improve our immune system.

## Bell Peppers

These are great sources of beta carotenes, and vitamin C. Research has shown that the intake of vitamin C can reduce the severity and length of time that we experience cold symptoms.

## Seafood and lean meats

These foods are known to have high zinc content. Zinc can aid our immune system by enhancing the function of the helper T cells. These cells can identify foreign antigens and alert other cells in our immune system.

## Tea

It's Tea time! Tea is full of plant antioxidants (polyphenols) as well as other chemicals known to protect our body from the cold and flu.

# IMMUNE SYSTEM

## Oregano

Not only containing anti-bacterial properties, oregano has 42 times more antioxidants than apples, 30 times more than potatoes, 12 times more than oranges and 4 times more than blueberries. Need I say more?

## Ginger

Ginger is often recommended for a cold or flu due to its effectiveness in sweat production. This can aid in the flushing of toxins. Ginger can also help reduce nausea and vomiting.

## Mushrooms

This fungus is rich in compounds that fortify white blood cells. Mushrooms are remarkable immune boosters, according to Jonny Bowden, Ph.D, C.N.S, author of “The 150 Healthiest Foods on Earth.”

## Pumpkins

Rich in beta carotene, this squash contains a nutrient that the body breaks down to make vitamin A. Vitamin A is known to strengthen the immune system and helps prevent cancer.

# HAPPINESS

The foods we eat affect the chemical composition of the brain and can influence our mood. By understanding what foods to eat we can feed ourselves toward a happy day.

## Baked Potato

Try baking a potato next time you need a mood lifter. High-carb snacks are known to calm ones nerves and improve concentration.

## Clams and Oysters

High in vitamin B12, clams and oysters can help take the edge off. Vitamin B12 is commonly used to treat depression and mood disorders.

## Chocolate

Finally something we can all agree on. Chocolate taste good and makes us happy. Believe it or not chocolate contains anadamine, which is a chemical in our brain that helps improve our mood.

## Rice, Bread & Vegetables

Eating carbohydrates can calm us down by increasing our serotonin levels. Try to avoid a spike in your blood sugar

by sticking to good carbs like, brown rice, wheat bread and vegetables.

# HAPPINESS

## Soybeans

Beans and soybeans contain folic acid, soluble fiber and omega-3 fatty acids. All of these contents can help improve our mood.

## Mackerel, Sardines & Salmon

Oily fish are packed with omega-3 fatty acids known to lift our spirit. Most fish also contain vitamin B6 and B12 which help in the production of serotonin.

## Milk

Milk does do a body good. Milk is full of the amino acid tryptophan which our brain needs to produce serotonin. Serotonin is released by the brain and makes us feel happy.

## Blueberries

Abundantly filled with antioxidants and vitamin C, these ingredients can help ease stress.

## Broccoli

This amazing vegetable is full of vitamin Bs. This vitamin can help fight stress. Studies have also shown that the folic acid found in broccoli can improve our temperament.

## A BALANCED DIET

A balanced diet contains proteins, carbohydrates, vitamins, mineral salts, fibre and fats.

**Proteins** are materials needed for growth and repair.

**Carbohydrates** are a source of energy.

**Vitamins** are needed in small quantities for our health.

**Mineral Salts** aid in healthy teeth, bones & muscles.

**Fibre** is used for proper intestinal function.

**Fats** contain fat soluble vitamins and provide energy.

### Proteins

Proteins are in every cell and tissue in our body. They are in our hair, nails, skin, muscles and bones. Proteins also work as hormones, enzymes, neurotransmitters and antibodies. In addition there are specialized proteins which are constantly repairing our tissues.

### Carbohydrates

Carbohydrates are generally found in the form of starch. Starch is found in foods like potatoes, rice, cereal, pasta and bread. Our digestive system takes this starch and turns it into another carbohydrate called glucose. Glucose

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then travels through our body and is used by our tissues as a source of energy.

## A BALANCED DIET

### Vitamins

Remember that vitamins are needed in very small quantities.

**Vitamin A** is good for our eyes.

**Vitamin Bs** help convert food into energy.

**Vitamin C** is used by the body to repair itself.

**Vitamin D** is needed for the absorption of calcium.

**Vitamin E** is needed for an optimal immune system.

### Mineral Salts

Mineral salts are also needed in small quantities, although our body needs more of these than vitamins.

**Calcium** is needed for healthy teeth, bones and muscles.

**Iron** is used in the production of hemoglobin.

**Iodine** is essential in hormone development in the body.

**Sodium** is needed by all of our cells especially nerve cells.

### Fibre

Fibre also known as “roughage” is essentially a carbohydrate found solely in plants. Fibre functions in our

body by maintaining our digestive system. Fibre is used by speeding up the excretion of waste and toxins.

## Fats

Fats are used by our body as a source of energy. Fats are also stored beneath our skin and aid in insulating us from the cold.

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