

Rock-it Fuel



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I'll bet almost everyone reading this keeps their cars maintained regularly, giving the car what it needs to run optimally. Why wouldn't you do that with your body? The better quality of food you eat, the better variety of foods, the better you will function. Improved memory, more energy, and less stress are some of the wonderful benefits you can experience. When your body has a craving, it's asking for nutrients – good quality food it can use as fuel. The standard American diet is abbreviated appropriately as SAD. We eat a lot of food, but it's not quality food if it's not giving your body what it needs nutritionally.

So how do you know what your body needs? So glad you asked - Our body gets the best mileage by eating food as close to it's natural state as possible. Pasta and breads are not a natural state food, though the idea of a fusilli or linguine tree would make my kids very happy. But, you say, I only eat whole wheat! It's still pretty far away from where the grain started out, and in the case of many whole wheat foods, they generally bleach and process the flour which strips all the vitamins and fiber out, and then have to add the vitamins back in, and sometimes fiber. It's the same scenario with cereals. Most cereals consist of processed grains and sugar. The vitamins they contain have been added back by the manufacturer. Label reading is the key to knowing exactly what you are eating! Look for things that say unbleached flour, and all

your grains should contain fiber, but look at the sources. There are some wonderful grains to try that you may never even have heard of: amaranth, quinoa, millet, teff, & barley. Quinoa is my personal favorite.

Let's talk fats. Fats are bad for you, you say? That's what some of those magazine articles will have you believing. Avocado, nuts, seeds, flax, chia (yes, those chi-chi-chi-chia seeds), and hemp are all healthy fats. Healthy fats can also be sources of protein, as well as fiber.

How's your veggie intake? Are you getting lots of variety, eating dark green leafy vegetables, and an assortment of colors? How can you add more veggies into your day?

Fruits should also be eaten in variety, but best digested eating one fruit at a time rather than mixing a bunch of fruit together.

I'm really simplifying this, because if I wrote it all in detail, I could take pages. I am available for food store tours, label reading 101, workshops, AND I have great recipes! I love to empower people about the foods that they eat. Wanna run like a sports car and have lots of energy? I can show you the best fuel for your body!

Tami Rac, Health Empowerment Coach
Let me show you how to make a healthy lifestyle easy! <http://ItsTimeToGetFit.com>
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