

The Nutrition Pillar of Health

Nutrition is the **fuel for every system in the body**. The food and beverages we consume provide the nutrients needed for energy, tissue repair, immune function, brain health, and long-term disease prevention.

When we consistently nourish our bodies with quality food and adequate hydration, we support:

- Stable energy levels
- Strong immune function
- Healthy digestion
- Better sleep and recovery
- Mental clarity and mood
- Reduced inflammation and chronic disease risk

Rather than focusing on strict diets, the goal of healthy nutrition is **consistent, balanced habits that support your body over time**.

Core Principles of Healthy Nutrition

Eat Whole Foods

Prioritize foods that are minimally processed: vegetables, fruits, proteins, whole grains, nuts, and seeds.

Eat the Rainbow

Different coloured foods provide different vitamins, minerals, and antioxidants.

Stay Hydrated

Water supports digestion, circulation, detoxification, and energy production.

Balance Your Plate

Aim to include protein, fiber-rich carbohydrates, and healthy fats in meals to keep blood sugar stable.

Practice Mindful Eating

Slow down and pay attention to hunger, fullness, and how food makes you feel.



Nutrition Challenge IDEAS:

- Drink 8 glasses of water each day
- Eat one piece of fruit every day
- Avoid soda/pop for 7 days
- Fill half your plate with vegetables at one meal each day
- No fast-food for 7 days
- Eat 30g of protein at each meal
- Eliminate ultra-processed foods for the week
- Mindful eating – no phones, TV or distractions during meals
- Go sugar free for the week

