



220 Parker St. Warsaw, IN 46580

To enroll: (800) 428-0408, option 2

Current students: (800) 428-0408, option 1

info@trinityschool.org

Three Keys to Maintaining a Nutritious Diet

Nutrition is central to wellness. Without proper nourishment, our bodies cannot fight off illness, maintain strength, and, ultimately, live to the fullest. However, nutrition involves more than just putting food into our bodies; it requires making careful decisions about where we purchase our groceries, how we select the best-quality nutrients, and which supplements we incorporate.

Location, Location, Location

To get the necessary nutrients, you often need to look beyond the nearest grocery store. A truly beneficial diet is made up of local, farm-fresh foods, and you might not be able to find those at the nearest chain. For example, the produce in a store has likely traveled thousands of miles, which means it's not fresh—and you don't know what kinds of chemicals and fertilizers have been used to grow it. Consider local options to receive higher-quality, fresher, and better-tasting food.

Many areas, both rural and urban, have farmers' markets. Give it a try. You get to support local entrepreneurs, and you'll have direct access to discuss their farming standards to confirm that you're purchasing quality produce. Many vendors at farmers' markets prioritize organic, natural sourcing—which means you have access to better foods that you can trust from the start.

Instead of worrying about artificial preservatives or harmful chemicals, you can be sure that the local families who sell at farmers' markets are committed to providing healthy, fresh products. Alternatively, you can look for organic foods or healthy products that haven't been genetically altered by reading the labels at your local grocery store and sticking to the highest-quality foods.

Choosing the Best Food

Even when you're confident about the quality of your locally sourced produce, you still want to pick the items that will taste the best and give your body maximum nourishment. There's no one-size-fits-all method, but there are several helpful tips to keep in mind next time you're at the market:

Fruit

A few common factors to look for when selecting your fruit are relative firmness (not too squishy), vibrant colors, and slightly sweet fragrance. Usually, fruit that is too ripe will have an overpoweringly

sweet smell and feel abnormally soft to the touch. Additionally, consider these tips for some of the most common fruits:

- **Apples:** Look for firm, colorful apples—and avoid the ones with dents or bruises.
- **Berries:** When berries go bad, they'll start to leak and grow mold. Double-check yours before purchasing.
- **Citrus fruits:** Lemons, grapefruits, and oranges that are ripe will look even in color and feel heavier than they appear when you pick them up. Avoid any that look streaked with white or yellow.

Vegetables

In some ways, ripe vegetables are similar to ripe fruits. Look for bright, consistent colors and firmness to the touch. However, while a little softness is okay in fruits, it is usually a bad sign in veggies—indicating a bruise or rotting. Here are a few recommendations on finding the best vegetables:

- **Leafy greens:** Greens, like lettuce and kale, should be firm and crisp. Avoid those that seem to be wilting or starting to brown.
- **Root vegetables:** If you notice cracking or softness in carrots, potatoes, or onions, it's a bad sign. Look for hard, whole veggies.
- **Bell peppers:** Similar to apples and citrus fruits, bell peppers shouldn't have any splits or streaks in colors. The entire surface should be consistent.

Meat

Identifying the best cut of meat at a market or in the store can be challenging. If you're choosing a specific cut of meat for steaks, pay attention to the white marbling of fat. If the meat has a lot of visible fat, it typically has a more intense flavor—but if fat isn't cooked correctly, it can create a highly unpleasant chewing experience. Instead, go for a balance of lean meat and fat by looking for cuts with some white marbling.

With pre-packaged meat, keep these suggestions in mind:

- *Darker meat means a richer taste.*
- *Meat should be firm and dry, not slimy or wobbly.*
- *Never buy or eat meat that has a grayish tint.*

The butcher is always the expert—so whether you're at a grocery store or a farmers' market, don't be afraid to ask questions.

By taking time to shop well, you'll attain the nourishment your body requires. Adding the right foods to your diet will also help you think more clearly and feel healthier.

Supplementing Your Diet

Whole-person wellness involves a multi-pronged approach. In addition to eating foods your body loves, it's a good idea to incorporate some natural supplements. Here are a few of our recommendations:

Vitamin D

To get enough vitamin D naturally, we must spend a lot of time in the sun—which is rarely an option in today's society. Our business-oriented world requires people to spend more time than ever behind a desk or in front of a computer screen. The bones and heart love vitamin D—and it's an important aspect of a nutritious diet. Unfortunately, few foods have sufficient levels of vitamin D, so taking supplements can help you obtain what you need.

Omega-3 Fatty Acids

The heart loves omega-3 fatty acids, which are found in walnuts, dark leafy greens, and fatty fish. If you're not getting enough in your diet, supplements can support your needs—but only buy mercury-free varieties.

Fiber

Many people think of fiber as a supplement taken only to relieve constipation—but there are other potential benefits. Whole grains, fruits, and nuts are great natural sources of fiber, but few people consume enough to give the body sufficient nutrients. By taking fiber supplements, you can maintain your digestive health, blood sugar, and cholesterol levels.

Conclusion

Good nutrition is a long-term journey. You must be committed to maintaining a healthy diet for yourself and your family, and that means purchasing high-quality food from reputable places—and supporting your wellness with supplements as necessary.

At Trinity School of Natural Health, we know that true nutrition requires a multifaceted approach and we want to walk with you every step of the way. The food you eat directly impacts your development, mood, energy, and even your ability to function on the most basic level. If you want to take the next step in your nutritional journey, the Certified Nutritional Consultant Program is the perfect opportunity for you. [Read more about it here.](#)



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