

## **An Article on Nutrition and Healthy living.**

This article is on the topic Nutrition and Healthy living and it is scientifically noted that the foods we consume, either nourishes our body or causes deficiency .

Firstly, Nutrition is the biochemical and physiological process by which an organism uses food to support it's life. The process involves the ingestion, absorption, assimilation, biosynthesis catabolism, and excretion. The human body is either nourished by what they eat or deficiency set in. Nutrition is not said to be achieved without consumption of a healthy and balanced diet.

A balanced diet is referred to a diet that contains the six(6) classes of food which are; Carbohydrates, protein, minerals, fats and oil, Vitamins and water in their right proportion.

The effect of eating nourishing food is healthy living. Healthy living simply means the balancing and functioning of the physical and mental health. It is having the ability and motivation to act in a way that positively affects your physical and mental well-being.

**Note:** A person is not said to have a healthy living if he is not mentally stable but physically stable or not physically stable but mentally stable. A healthy living is well achieved when balanced diet are consumed and both the physical and mental well-being of the individual are perfectly working fine.

It has been mentioned above that one have to consume a balanced diet in order to achieve a healthy life. In this article, we will be revealing super healthy foods on the planet and the benefits they give to the human body . The foods to be mentioned are foods we may know about but may not know the importance it gives to our body in aiding us in living younger and longer.

These foods will be classified into the following categories. They include;

- **Fruits and berries**
- **Meats**
- **Nuts and seeds**
- **Eggs**
- **Vegetables**
- **Sea foods and fishes**
- **Bread**
- **Grains**
- **Diary**
- **Legumes**
- **Fats and oil**
- **Tubers**
- **Chocolate, and**
- **Vinegar .**

**A: Fruits and berries**; They are most common nutritious food and very easy to incorporate into our meals because it requires little or no preparation before consumption. They are;

- 1. Oranges**; Oranges are well know for the efficient content of vitamin C and they are high in fiber and antioxidants and it's beneficial to the human body.
- 2. Apples**; Apples are also high in fiber, Vitamin C and numerous antioxidants which is vital to human growth.
- 3. Bananas**; Bananas are among the most powerful food in the world as it is a great source of potassium, Vitamin B6 and fiber which are nutrients very beneficial to the growth of the human body.

**4. Avocados**; Avocados are different from other fruits because they are loaded with healthy fats, fiber, potassium and Vitamin C. Additional to that , they are very creamy and tasty.

**5. Strawberries**; Strawberries are highly nutritious , low in carbohydrate and calories but are loaded with Vitamin C, manganese, fiber and are arguable among the most delicious food in existence.

**6. Mangoes**; Mangoes are highly nutritious in fiber and vitamin C which is beneficial to a healthy living.

Other healthy fruits include; Lemons, Olives, pineapples, pears, and grapes.

**B: MEATS**; Meats are proteinous in the human body either unprocessed or lean meats.

**7 . Chicken breasts**; They are very protenious but low in fat and calories. It is more advisable to eat more of chicken breasts than Carbohydrates

**8 . Lean beef**; Lean beef is one of the best sources of protein when consumed moderately and it is loaded with high bioavailable iron that is beneficial to the human body.

**9 . Lamb**; The meat of lamb is high in Omega-3 fatty acid because they are grass-fed animals.

**C. Nuts and seeds**; They seem essential in weigh loss despite they are high in fat and calories. They are cruncy, filling and loaded with magnesium and vitamin E.

**10. Almonds**; Almonds are popular but loaded with magnesium, fiber, antioxidant and vitamin E and have been scientifically noted that it contribute to weigh loss and improve metabolic health.

**11. Coconuts**; Coconuts are loaded with powerful fatty acids called medium-chain triglycerides (MCTs) and fiber which is very essential to the human growth.

**12. Brazil Nuts**; Brazil Nuts have smooth, buttery texture loaded with nutrients which are beneficial for thyroid function and one of the best source of important mineral selenium

**13. Wall Nuts**; Wall Nuts are highly loaded with fiber, various Vitamins and minerals beneficial to the human body.

**14. Chia seeds**; Chia seed contains a significant amount of fiber, magnesium, manganese, calcium and various other nutrients needed for human growth.

**15. Macadamia Nuts**; Macadamia nuts are very tasty and high in monounsaturated fats but low in omega-6 fatty acid than most Nuts.

## **D. Eggs**

**16. Eggs**; Eggs are among the most nutritious food on plants although they are previously demonized for being high in cholesterol but new studies show that they are perfectly safe and healthy for human growth.

**E. Vegetables**; They are also known as veggies. It is among the most concentrated source of nutrients and it's best to eat different types every day.

**17. Asparagus**; Asparagus is a popular vegetable that is low in calories and Carbohydrates but loaded with Vitamin K which is efficient for a healthy growth.

**18. Cucumber**; Cucumber are very low in both calories and carbohydrates consisting mostly water but still contain a little amount of nutrients including Vitamin K.

**19. Garlic**; Garlic is incredibly healthy and contains bioactive organosulfur compounds that have biological effect and powerful immune functions.

**20. Tomatoes**; Tomatoes are categorized as a vegetable although technically, they are referred to as a fruits. They are tasty and loaded with Vitamin C and potassium.

**21. Onions**; Onion have strong flavor and contains a number of bioactive compounds believed to have health benefits.

**22. Cauliflower**; Cauliflower are very versatile vegetables used in multiple healthy dishes and also taste good on it's own.

**23. Bell peppers**; Bell peppers comes in several colors including red, yellow, and green. They are crunchy and great source of antioxidants and Vitamin C.

**24. Kale**; Kale are incredibly high in fiber, Vitamin C and K and number of other nutrients which are very necessary for a healthy growth. It adds a satisfying crunch to salads and other dishes.

**25. Broccoli**; Broccoli is an excellent source of fiber and Vitamin C,K and contains a different amount of protein compared to other vegetables.

**26. Carrot**:

They are extremely loaded with [fibers and vitamin K](#). They are also carotene antioxidants, which have numerous benefits.

**F. Seafood and fishes**:

They are especially rich in [omega-3 fatty acids, and iodine](#). Studies show that people who eat the highest amounts of seafood, especially fish tend

to live longer and have a lower risk of many illnesses, including heart disease.

### **27. Tuna:**

They tend to be low in fat and calories and high in protein which is essential in building the immunity system.

### **28. Shellfish:**

They rank similar to [organ meat](#) when it comes to nutrients density. Edible shellfish include clams, mollusks, and oysters.

### **29. Trout:**

It is another type of delicious freshwater fish, similar to salmon. it is rich in protein and omega3 fatty acid.

### **30. Sardine:**

These are small oily fish rich in [calcium](#) and vitamin D, and a sizeable amount of most nutrients needed in the body.

**31. Salmon;** Salmon is a type of oil fish that is incredibly popular for it high nutrient content of protein, Omega-3 fatty acid and Vitamin D.

### **32. Shrimps:**

A type of [crustaceans](#) is itrelated to crabs and lobsters which tend to be low in fat but high in protein, [selenium](#), and vitamin B12.

## **G. BREAD**

### **33. Homemade low carbohydrate bread:**

The best type of bread may be the one you make by yourself which is low in carbohydrates and gluten-free.

### **34. Ezekiel bread:**

It is the healthiest form of bread from organic sprouted whole well as several nutrient.

## **H. Grains**

are is an important addition to your diet because they provide a variety of micronutrients and fibers. Although not advisable for those on a low-carbohydrate diet.

### **35. Quinoa:**

This has become very popular among health-conscious people because of its high content of nutrients such as fibers and magnesium.

### **36. Brown rice:**

Rice is one of the most popular grain food. Brown rice is fairly nutritious with a decent amount of fibers, vitamin B1, and magnesium.

### **37. Oat:**

They are incredibly healthy. It is loaded with nutrients like [beta-glucans](#) which provide numerous benefits, Including helping to reduce cholesterol levels in the body and also feeding beneficial bacteria in the gut.

## **I. Diary.**

### **38. Whole milk:**

It is very high in vitamins, minerals, quality animal protein, and healthy fats. It is one of the best dietary sources of calcium.

### **39. Yoghurt:**

It has made from milk that is fermented by the addition of bacteria. It has the same health benefits as milk but has added friendly probiotic bacteria.

### **40. Cheese:**

Cheese is incredibly nutritious and a single slice may offer about the same amount of nutrients as an entire cup (240 ml) of milk.

## **J. Legumes**

It is a great plant based source of protein, iron and fibers. It contain antinutrients, which can interfere with digestion and nutrient absorption.

### **41. Green beans:**

It is also called [string beans](#) . It contains protein and fibers which are essential for healthy living.

### **42. Lentils:**

Lentils are popular legume. They're high in fiber and are among the best sources of plant-based protein.

### **43. Peanuts:**

They are incredibly tasty and high in nutrients and antioxidants. Studies show that they are good for weight loss.

### **44. Kidney beans:**

They are loaded with fibers and various vitamins and minerals, but ensure they are properly cooked because they are toxic when raw.

## **K. Fats and oils**



Dietary patterns that include unsaturated fats and oils are considered very healthy.

#### **45. Coconut oil:**

This is a saturated fat, but it contains MCTs and may have similar health effects to olive oil. However, it has been shown to increase LDL (bad) cholesterol to a greater degree than other plant-based liquid oils, so it should be used in moderation.

#### **46. Extra-virgin olive oil :**

It is one of the healthiest vegetable oils. It contains heart-healthy monounsaturated fats and is very high in antioxidants that have powerful health benefits.

### **L. Tubers**

#### **47. Potatoes:**

Potatoes are loaded with potassium and contain a little bit of almost every nutrient you need, including vitamin C. They can also keep you full for a long period.

#### **48. Sweet potatoes:**

They are among the most delicious starchy foods you can eat. They're loaded with antioxidants, beta carotene, vitamin A, and all sorts of other healthy nutrients.

**49. Chocolate;** The dark chocolate specifically is loaded with magnesium and one of the most powerful source of antioxidants.

#### **50. Apple cider vinegar:**

May help regulate post-meal blood sugar levels when consumed with a meal, though more evidence is needed on its effectiveness. It's great to use as a salad dressing or to add flavor to meals.

### **Conclusion:**

In conclusion, it is very easy to achieve a healthy and nutritious life if we can add a number of this food to our routine. You will also notice that this food doesn't serve as snacks alone but contain great beneficial nutrients for our body growth.

Don't be afraid to try something new if you don't normally challenge your palate, but always remember that Health is Wealth. Try adding this to your meal and enjoy a long and healthy life.