



Nutrition Excellence Made Simple

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" – Matthew 6:26

Biblical Application?

When God created the earth with all of its vegetation, He specifically designed certain plants as food sources for His creation. That means that fruits, vegetables, whole grains, nuts, seeds, etc. were designed specifically for nourishment and consumption to help the body thrive! Mankind was placed on this earth with all of the fuel sources needed to encourage optimal health, abundant energy, and longevity. Nothing came in a package. Nothing was processed, manufactured, or altered. No living creature on the planet was in need. God created all and designed all with His creation in mind.

Why?

The current body of research published in respected nutrition and medical journals supports a diet rich in whole, nutrient-dense, plant-based foods as being the healthiest diet for disease prevention, management, and in many cases, even disease reversal. There is overwhelming research linking a healthy dietary pattern that includes an abundance of colorful vegetables, fresh fruits, legumes, high fiber whole grains, nuts, and seeds (combined with a low intake of saturated fats) to better overall health.

In contrast, the standard American diet includes a large percentage of calories from processed foods (sugary drinks, desserts, refined grains) and animal products high in saturated fats and cholesterol. This diet is also high in salt, trans-fats, and unhealthy preservatives, and low in fiber and antioxidants found in fresh fruits and veggies. This is a disease-promoting diet that plays a significant part in the type 2 diabetes, heart disease, stroke, and cancer epidemic that is upon us.

What?

The research from the nation's leading health organizations is clear. Disease and quality of life can be improved! This research emphasizes nutrient-dense foods such as:

- Vegetables
- Fresh Fruits
- Beans & Lentils
- Nuts & Seeds
- Whole Intact Grains
- Unsaturated Fats in moderation
- Lean Unprocessed Proteins in moderation

"Nutrient-dense" simply refers to a food that has a high nutrient to calorie ratio. For example, green leafy vegetables supply a very high amount of vitamins and antioxidants but contain very few calories. These are the exact foods that help protect, rebuild, and heal our body at the cellular level every second of every day! God specifically designed colorful, natural foods for our nourishment and fuel.



The food we eat goes beyond simply providing us with calories, carbohydrates, proteins, and fats. The specific foods we choose provide us with fiber, phytochemicals, antioxidants, vitamins, minerals, probiotics, and so much more as well! Be picky about what type of “fuel” you put into your body.

How?

Emphasizing nutrient-dense foods each day is a great way to maximize your nutrient intake without gaining unwanted weight. Here are a few ways to get started:

- Add a large salad to lunch or dinner
- Snack on fresh fruit or vegetables if you need a snack
- Eat beans daily
- Try the produce that's in season to keep things fresh and interesting
- Make a smoothie packed with fresh fruits and veggies
- Keep frozen veggies on hand
- Buy pre-cut vegetable trays to make things more convenient
- Place a big fruit bowl on your kitchen counter so it is easy to reach
- Look for new plant-based recipes to try each week
- Swap in a veggie for a starchy carb or meat. Try zucchini noodles, cauliflower rice, lettuce wraps, or eggplant lasagna in place of pasta. Try veggie burgers, beans, or mushrooms in place of meat.

How colorful is your plate?

Christian Care Ministry Plate

