



OPTIMAL HEALTH

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N E W S T A R T

# Our bodies are made up of the food we eat.

*The Ministry of Healing pg. 295*

- Choose whole grains over processed, refined grains
- Avoid the combination of dairy and sugar
- Cut back on cheese and butter
- Eat at set times and no snacking
- Avoid eating close to bed time
- Chew your food thoroughly
- Make meal time a happy time

If you **do not** have any special health needs or disorders, follow these principles:

- Eat fruits, vegetables, beans, grains, nuts, and drink plenty of water
- Avoid eating meats, poultry, fish, and other animal products
- Avoid high sugar, high fat, high salt, highly processed foods, caffeine, and alcohol



# A Plant Based Diet

Studies have shown that:

- Vegetarians had 24% less risk of dying from coronary heart disease
- A balanced vegetarian diet with fiber, soy, and nuts had 20-35% reduced cholesterol level
- Non-vegetarians were 3 times more likely to develop diabetes than vegetarians
- Women who eat meat are 8.5 times more likely to develop breast cancer
- Vegetarians are about 40% less likely to develop cancer than meat eaters

# A Vegan Diet

- Vegans have a 32 – 44% lower total and LDL cholesterol level than meat eaters
- A healthier body weight
- Lower risk of heart disease
- Lower risk of diabetes
- Lower risk of cancer

# Where do I eat???





3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

