

BENEFITS OF REAL FOOD

Eating more real food will boost your health and provide many benefits for your brain and body. Here are some of the most important benefits of eating more real food:

More nutrients. Unlike heavily processed foods, real foods provide your body with the vitamins and minerals you need for optimal mental and physical health. Nutrients found in fruits and veggies, for example, provide your body nutrients such as potassium, folate, and vitamin C, support a healthy brain and body.

Controls blood sugar. About 29.1 million people in the United States have diabetes. According to the Centers for Disease Control and Prevention (CDC), type 2 diabetes accounts for about 90 to 95 percent of all diagnosed cases of diabetes in adults. This is why it's so important to keep blood sugar levels in check. Eating a diet rich in real foods will help reduce and maintain blood sugar levels.

Less sugar. Real foods aren't full of added sugars. Plus, the sugar found in naturally sweet foods, like fruit, is less concentrated because of the high water and fiber content. This means that eating foods with natural sugar won't cause the damage that added sugar causes – like obesity, type 2 diabetes, or heart disease.

More fiber. Fiber is amazing for your body, and it's an essential part of a healthy diet. While fiber is usually best known for its digestive benefits, fiber helps your body in many other ways. Eating a diet rich in fiber can help you maintain a healthy weight, lower cholesterol levels, and control blood sugar levels.

Clearer skin. Yep, real food is even good for your skin, too! Your diet has an impact on your hormone balance, inflammation, and skin aging. Eating more real foods – like extra virgin olive oil, tomatoes, dark chocolate, and kale – can help lower inflammation, firm your skin, boost elasticity, and even help protect you from a sunburn!

Healthy fats. While fake foods are high in processed fats, real foods are generally high in healthy fats. Fats found in foods like avocados, nuts, salmon, and coconuts, are incredibly good for you. These healthy fats can help lower cholesterol levels and reduce your risk for heart disease.

Reduced risk of disease. Eating more real food and less fake food can help reduce your risk for many chronic diseases. The healthy fats and nutrients found in real foods can help prevent type 2 diabetes, certain types of cancers, obesity, and heart disease.

Keep you full. Real foods keep you feeling fuller for longer. This is because of the rich protein, fiber, and nutrient content found in most real foods. Fake foods, on the other hand, won't keep you full for very long because they are full of empty calories.

It's delicious! Just because it's healthy, doesn't mean it's not tasty. One of the best parts about eating more real foods is discovering new healthy foods and meals that you love.