

**UNDERSTANDING
FOODS *for*
Health And
*Weight loss***



...Plus the ultimate weight loss solution

Introduction

Hi, I'm Melody from nutritionandlongevity.com. Thanks for taking the time to download this report.

We all want to look and feel our best! Inside we take a look at some valuable foods for health and weight loss.

We take a quick look at quality foods, health benefits of vegetables and how to add more taste to vegetables, the benefits of juicing vegetables and fruit, and an amazing superfood that you can have everyday to lose weight, feel better and get more mental clarity .

Ok, let's get started!

Why Focus on Food Quality over Food Quantity

As you go about your fat-loss diet plan, one thing that you'll need to be thinking about is food quality over food quantity. One big mistake is placing all your focus on hitting daily calorie targets without thinking about the types of foods you're eating to get there.

It's easy to get wrapped up in the numbers since your calorie intake will dictate which direction your body weight moves; however, this is only one aspect of what makes a well-balanced diet.

Always focus on food quality over food quantity for optimal results. Reminding yourself of this can help to boost your motivation to eat right as you work toward your dieting goal.

The Details

- Food quality establishes how you feel. If you aren't eating **nutrient-dense foods**, you'll feel less energized throughout the day.
- Food quality establishes your nutritional intake. **Vitamins and minerals** will be found in abundance in high-quality foods, but not in low-quality foods.
- High-quality foods provide **more fiber**. This helps to keep you feeling satisfied on your diet and maintaining the plan.
- High-quality foods offer health benefits such as **reducing risk of disease**, diabetes and cancer, among other major illnesses.
- Food quality **prevents muscle mass loss**. If you eat low-quality foods, you'll be burning up muscle while you maintain your body fat – the opposite of what you want!
- You'll **perform better during exercise**. A high-quality diet will provide a cleaner source of fuel for your workout sessions.
- You'll eat more natural foods. A high-quality diet will **reduce your intake of additives and preservatives**, which can cause long-term health problems.
- You'll **look younger**. Eating high-quality foods will keep your skin looking healthy and clear.
- You'll **burn fat faster**. Food quality will dictate whether or not your metabolism plummets as you go about the diet.

- You'll be more productive. Foods high in quality **enhance mental processing** and concentration.
- You'll control **blood sugar levels**. Eating foods higher in quality will mean better stabilized blood sugar levels, reducing the chance of suffering a crash at any point throughout the day.
- A diet high in quality food teaches you how to make superior nutritional decisions as you go about your day.
- A high-quality diet **promotes natural weight loss**. You won't have to count calories as often, and increasing your overall health will be that much easier.

The Bottom Line

So there you have the primary reasons why food quality is an important consideration. Pay attention to this as you go about setting up your diet plan, and you will see the optimal rate of success. Switching your focus to food quality when making meal decisions will also set you up for long-term weight maintenance.

Is It Really Possible to Cleanse Your Body With Juice?

Juicing can be one of the best ways to fuel your body up with nutrients, vitamins, minerals, and antioxidants. Can you get all of those things in a balanced diet? With juice every morning, you can!

If you don't always eat enough fruits and vegetables throughout your day with every meal, you can get your fill before 10 am by drinking powerful juices with breakfast.

Whether for a morning boost, an afternoon snack or a late-night sweet tooth killer, there are so many reasons to juice yourself silly:

Because You Need to Rid Your Body of Toxins

- Your body is full of toxins and chemicals from processed foods that you digest. Over time, it has the ability to cause diabetes, obesity, high cholesterol and heart disease.
- From polluted air to chemical-infused cookies, toxins from food (and especially over time) can pollute your body and stop it from performing its best.
- When you start each morning with a juice – with broccoli, carrots, kale, apples, ginger, oranges and strawberries, for example – you are getting enough good, antioxidant-rich foods in to push the toxins out.

Because You Need a Way More Vitamin C, Which . . .

- . . . helps your immune system get a boost so that you can properly fight off the common cold, bacterial illness and body aches more easily.
- . . . is an essential part of a healthy diet and can aid in fighting off the damage to your body's tissues and cells.
- . . . is needed for protein that is essential to repair scars, your gums and pesky cuts and scrapes.
- . . . is found in many fruits. So throw oranges, lemon or limes in a juicer or blender along with some other fruits, and you can absorb a ton of vitamins and other nutrients on the go.

Because Your Body Needs to Work Like Clockwork

- Your body is full of toxins, and the food you eat pollutes every one of your body's systems: immune, respiratory, digestive, and so on.
- Your body is affected by the foods you eat, and juicing can help dump out the bad stuff, and make your body clean and like new again.
- Juicing can give you the essential boost of magnesium, iron, calcium and vitamins A, B, C, D, E and K that you need to be and feel your best.
- The fiber is lost during the juicing process, which means a healthy juice is easygoing on your digestive track while still giving you all of the nutrients.

Because You Want to Have More Energy

- Boost your health naturally with juicing (while saying goodbye to expensive health pills).
- Commit to an all-juice diet for 7 days, and you'll notice the difference in your physical and mental functions immediately. This detox will also be a great way to reset your bad eating habits and begin a weight-loss plan.
- You'll easily digest minerals such as omega-3 fatty acids, iron, antioxidants (which fight off those pesky radicals that are responsible for attacking healthy cells) and calcium for bone strength and good health.

Because You Want to Lose Weight!

- Juice up 8 carrots, 4 small apples, ½ a lemon and a tiny bit of ginger. Blend in a juicer, and feel healthier, while taking the step you need to lose inches off your arms, waist and thighs.
- Losing weight is 80 percent the foods you eat, and 20 percent exercise. Start each morning with a fresh juice (no sugar added), and you'll lose weight quickly.

Because You Want to Look and Feel Your Best!

- Juicing, together with a good diet of vegetables and fruit improves circulation and helps ***deliver oxygen to your cells***. This protects you from all diseases and helps keep you looking and feeling young. Lack of oxygen to your cells is a major cause of all disease.

The Bottom Line . . .

Juicing yourself to good health is easy when you remember all of the benefits it offers.

From vitamins and minerals that you can't always get in a balanced diet, the perfect solution is juice – throw in whatever fruits (and vegetables) you love, and be as creative as you want.

After all, the health of your body depends on what you put in it! Check out the amazing superfood in the next article which can turn your life around.

Transform your life – Lose Weight, Feel Better, Get More Mental Clarity, Pursue a Life with Passion and Purpose

These SUPERFOODS Will Reduce Stress, Speed Up Your Metabolism and Boost Energy

The previous article described the amazing benefits of juicing vegetables and fruits on a daily basis. What if you have an extremely busy morning or have got low on your organic vegetable and fruit supply?

You may not even own a juicer, or are not in the mood for the effort it takes to chop, juice and wash up.

This fabulous green powder gives you all the benefits of juicing (and more) without any of the fuss. **Check it out here:** <http://nutritionandlongevity.com/recommends/ofii/>

Look at these *wonderful ingredients*:

The sea vegetables, **chlorella** and **spirulina** are packed with goodness. They are great immune boosters and are loaded with vitamin B which helps cognitive function. They provide excellent benefits to the skin and hair. Taking chlorella and spirulina together can help *prevent grey hair* and hair loss. Phytonutrients in chlorella strengthen hair follicles and boost scalp circulation.

Organic turmeric is an amazing anti-inflammatory and a pain reliever, the adaptogenic herb **Ashwagandha** has been shown to lower stress, **coconut extract** helps transport nutrients to cells.

Beet juice powder increases nitric oxide in the body which is very anti-aging and helps circulation.

Green tea powder gives an energy boost and is packed with antioxidants, it boosts metabolism, burns calories, is rich in fiber and vitamins

Plus many other ingredients to not only to help you lose weight, but give you limitless energy and boundless health.

Try this super food for a week and start to feel better about life, and have a more positive outlook. You may even stop craving foods and drinks that are bad for you.

This is not only a very simple approach to improving health and losing weight, but a completely achievable solution.

Follow this link to check out how to get boundless health and energy and find the ultimate healthy weight loss solution: <http://nutritionandlongevity.com/recommends/ofii/>

How to Add More Taste to Vegetables

If you're on a weight-loss diet, making sure that you eat enough vegetables on a daily basis is imperative for your success. Vegetables are a **rich source of dietary fiber**, helping to fill you up quickly while you're on a restrictive eating plan. And they're **virtually calorie-free** so you can eat almost as much fresh produce as you want without having to worry about it impacting your body weight. In addition, vegetables are full of phytochemicals, **natural nutrients** which work in complementary ways to **prevent disease and boost overall health, vitality and well-being**.

Simply put, vegetables are a dieter's best friend. The only drawback is that many people are not especially all that fond of the way they taste, and as a result they struggle to work them into meals and snacks.

Let's look at some of the top ways to boost the taste of vegetables so that you can eat the recommended volume without it feeling like a chore.

The Details

- Season them with herbs. Herbs add lots of fresh flavor and other health-promoting benefits without calories.
- Use sodium-free spices. Since seasoning blends are primarily made of salt and should be avoided, check out the sodium-free varieties available.
- Stir fry them in low-sodium chicken broth to add a light savory flavor without the calories.
- Eat them raw with dip to immediately add flavor. A great quick option is to combine half a cup of fat-free mayonnaise with half a cup of fat-free sour cream. Flavor with your preferred herbs or seasoning.
- Serve them with salsa – the fresher, the better. Salsa works great with raw vegetables and can be a way to incorporate a larger variety of produce: tomatoes, onions, peppers, celery, etc.
- Puree them into a sauce. If you can't stand the texture, simply blend vegetables like carrots and peas, or fruits like eggplants and squash, into a sauce, and you won't notice them in there. This trick works well for feeding a family with little ones.
- Add them to soups. Toss some frozen vegetables into a soup you're preparing for a fast boost to the nutritional content.
- Substitute potatoes when making French fries. Baked zucchini is healthier than fried potatoes.
- Serve them with grated Parmesan cheese. The cheese will add depth of flavor and also boost the calcium content of the meal.
- Drizzle some light Italian salad dressing on top. A great source of healthy fats, this instantly adds some extra flavor. Plus, you can make your own dressing from scratch in mere minutes!
- Serve them with some melted low-fat cheddar cheese.
- Prepare shish kabobs on the grill, mixing sliced vegetables in with lean chunks of meat.
- Marinate veggies in balsamic vinegar before grilling them on the BBQ.

The Bottom Line

Preparing vegetables tastefully doesn't have to be a challenge as long as you have some smart strategies in place. Make sure that you use these regularly on a mix of fresh produce, and you can feel confident that you won't become bored of having fruits and veggies in your diet. With increased intake of fresh produce, you'll see faster and more sustainable weight-loss success. Include raw vegetables in your diet daily also.

Check out this article on healthy eating and weight loss:

<http://nutritionandlongevity.com/the-struggle-is-over-weight-loss-made-easy/>