

3 Types Of Foods To Eat Daily For *Better Health*



KEEPING YOUR BODY FUELED WITH
HEALTHY FOODS IS ONE OF THE BEST
WAYS TO IMPROVE YOUR HEALTH.

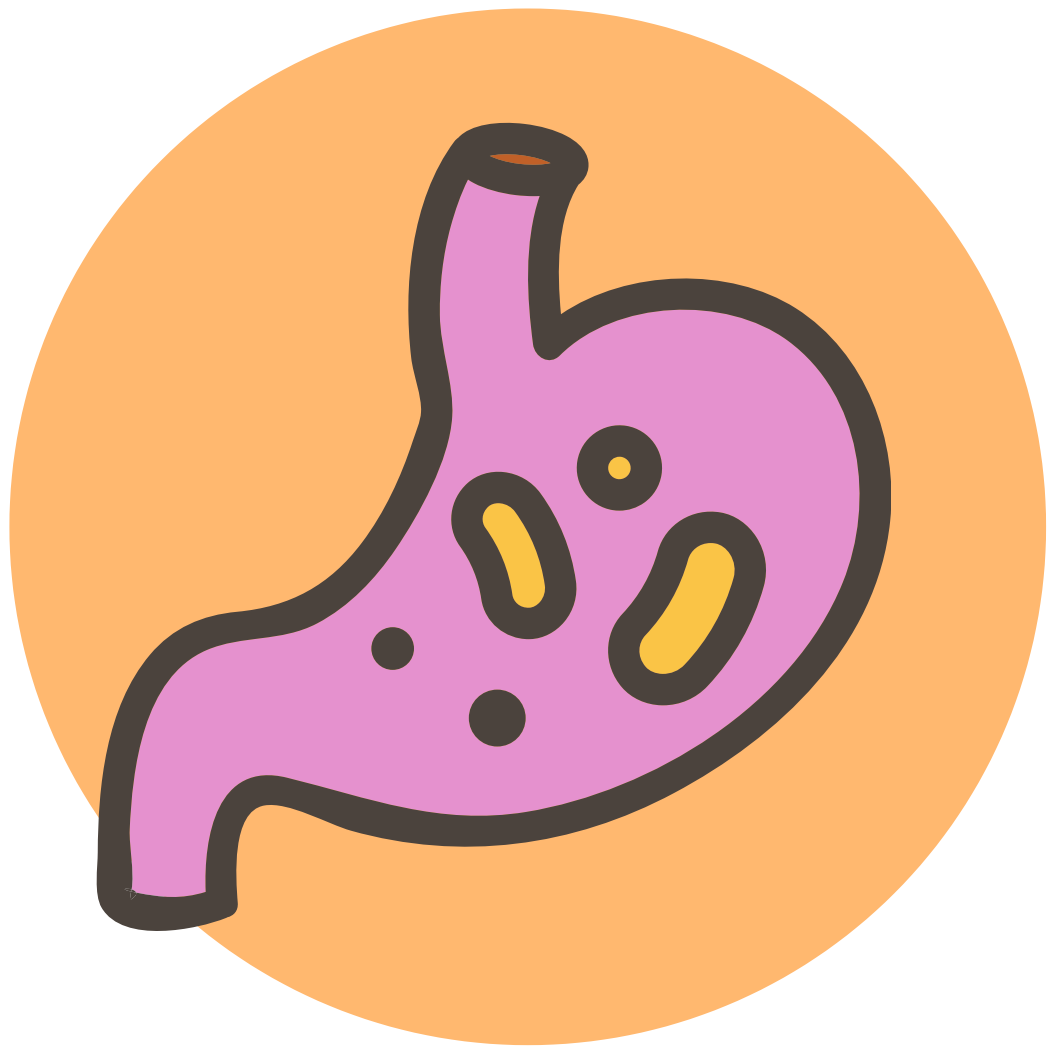


PROTEIN

Protein can be found in every single cell of the body. It is vital to keep healthy proteins in your diet. It helps with cellular growth and repair, boosts the immune system, builds strong muscles, speeds up metabolism, can lower the risk of diabetes, regulates hormones, keeps you full longer, and helps you recover more quickly from injuries and exertion.

Some of the best sources of protein are:

- Chicken
- Cottage cheese
- Eggs
- Fish
- Lean cuts of beef
- Milk
- Protein powder supplements
- Shrimp
- Turkey



PRE/PROBIOTICS

PRObiotics help encourage overall bacterial growth in the gut—keeping the ecosystem diverse and flourishing. In turn, PREbiotics encourage the growth of good bacteria only. This helps prevent bad bacteria from taking over and creating infections and other issues throughout the body. Probiotics and prebiotics aid digestion, boost the immune system, improve mood, and lower blood pressure.

Great sources of these include:

- Cheddar
- Fermented foods and drinks
- Feta
- Gouda
- Honey
- Kefir
- Maple syrup
- Parmesan cheese
- Red wine
- Sour cream
- Sourdough bread
- Supplements
- Swiss cheese
- Yogurt



PLANTS

Plants consist of a vast number of foods including nuts, legumes, fruits, vegetables, grains, beans, herbs, mushrooms, and spices. If it grows, it's a plant! The benefits of incorporating more plant-based foods into your diet are nearly endless.

A few of the many benefits:

- Aids digestion
- Can help with weight loss
- Helps prevent strokes and heart disease
- High fiber
- Improves brain function
- Lowers blood pressure
- Minimizes cancer risks
- Prevents vitamin deficiencies
- Provides necessary minerals
- Reduces cholesterol
- Some plants like beans and nuts also provide protein