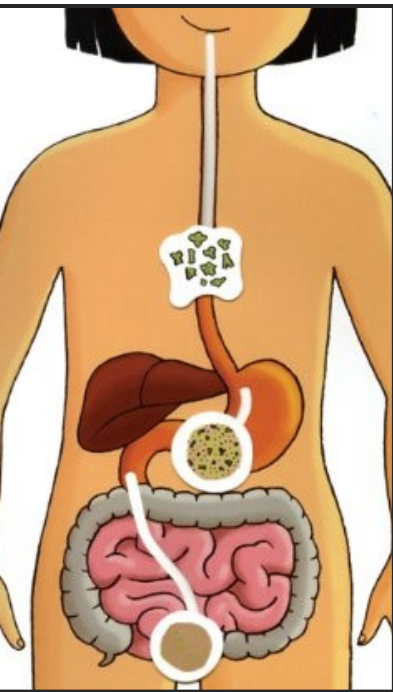




# Are we really what we eat?

"You are what you eat." We have heard this phrase used over and over again, but have you ever thought that it might really be true? And if it is true, wouldn't you want to kick the junk food to the curb and eat food that is as good for your body as possible?

To answer our question, let's take a look at how digestion works:



When you take a bite of food, you chew and moisten it in your mouth.



After it is swallowed, it is churned around in your stomach with a strong acid to break apart the food into small particles.



This food then moves along to your small intestines and mixes with digestive chemicals. After all of this happens, food has been broken down into individual molecules that are absorbed through the intestinal wall and enter the bloodstream.



These tiny food particles floating around in your bloodstream (fat, protein, carbohydrates, vitamins, and minerals) are then used and incorporated into the cells of your body. Our cells use these molecules from our diet to build the structures in our body and provide us with the energy we need to survive.



So, what does that mean for us? It means that we should recognize the importance of the food that goes into our mouths and spend more time thinking about and planning what we put into our bodies. It also means that the food we eat has a tremendous impact on our health! It is reassuring to know that we have the power to impact the composition of our bodies and the quality of our health at every meal. Eating with care and from mostly whole, non-processed sources will result in a healthy, strong, energetic body to carry you through life.

For example, eating healthy, unsaturated fats from foods like avocados, nuts, and seeds will increase the HDL cholesterol (healthy cholesterol) levels in your blood stream. And, decorating your plate with colorful fruits and vegetables will fill your body with antioxidants and vitamins to help build a resilient body and immune system. Getting ample protein from a wide variety of sources like nuts, fish, lean meats, and beans will build strong new cells and tissues. The possibilities are endless!

**So, it's true!**  
**We are what we eat!**

