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Improving Your Nutrition With Natural Foods

It is important to eat foods in their natural form. Try to find foods without refined sugars, or flours, hydrogenated oils, sweeteners, food colors. Also avoid artificial flavorings and colorings. When you can choose organic foods because they don't have chemicals in them. the more processed foods are the more they promote obesity, heart disease, diabetes and cancer.

The best choices for your new diet includes all foods that are pesticide-free, hormone-free and antibiotic-free. Any meat you consume should be grass-fed/free-range, and not genetically modified. Try to avoid pasteurized and refined foods. [natural foods](#)

With the obesity epidemic, many foods are being scrutinized. Many people are choosing to be vegetarian, or even vegan.

Our modern society is well-fed but undernourished. Our farming practices deplete the soil which causes our foods to have less nutrients. Food should be grown in organically-enriched soil that is full of minerals. This can be achieved by composting or adding manure. These are natural solutions rather than adding chemical fertilizers.

A balanced meal contains a variety of colorful foods. It should contain protein, greens, dairy and grains. A lot of your nutrition should come from raw or lightly steamed vegetables.

[healthy diet](#)

Organic meat is really important as feed lot animals are fed growth hormones and antibiotics. Organic meat producers stipulate that animals must have space to graze and food that has not been chemically tampered with. They cannot receive hormones or antibiotics.

Low-fat dairy foods should replace full-fat. Olive and canola oils should be chosen in place of butter or lard. choose lean ground meats and skinless poultry. Fresh or steamed (frozen) fruits and vegetables should be eaten, rather than canned fruit in heavy syrup.

[best foods](#)

You should strive to get all your nutrients from your foods rather than relying on vitamins.

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