

New Orleans Diet and Nutrition

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Our diets are largely responsible for many parts of our life. Our physical appearance, mental well-being, and energy levels are all largely dictated by the types of foods that we put into our bodies. For that reason, it's crucial to ensure that your body gets all of the important nutrients that it needs while cutting out junk foods from your diet.

A diet rich in fats and sugars can lead to many problems throughout the body, with those that are overweight facing higher risks of heart disease, diabetes, high blood pressure, sleep apnea, and numerous other negative health effects.

When trying to establish a healthy diet and nutrition, there are some important things to consider. Stay away from "fad" diets, as they are short term solutions to long term problems. Fad diets tend to emphasize avoiding one certain type of food, and the cornerstone of a proper diet includes a balance of all types of foods. When drafting the perfect diet, it's important to include a proper balance of different food types, allowing only a small portion of your daily caloric intake to be from food sources that are rich in added sugars. Be sure to eat your daily requirements of fruits and vegetables, as well as keeping your diet rich in foods that are low in fat and cholesterol. Also, it's important to avoid getting too much sodium in your diet; aim for a sodium intake of less than 2,300 milligrams per day. Do your best to avoid foods that contain trans-fatty acids, dietary cholesterol and saturated fat, as these types of fat are considered to be bad due to the fact that they raise your LDL cholesterol levels.

In addition to proper diet and nutrition, you can benefit your personal health greatly by regularly visiting a chiropractic clinic. If you are in the New Orleans area, Dr. Gordon DuBois is a true virtuoso in the field of chiropractic care. Working over thirty years in the field, Dr. Dubois can help you to maintain your health via his expert chiropractic technique.