

NUTRITION – GENERAL INFORMATION

What do we need?

The three main nutrients we need are carbohydrate, protein and fat. Of the three main nutrients we need to eat, carbohydrate is by far the most consumed because it provides us with energy.



We also need minerals and vitamins, and lots of water. Many people feel tired, achey or have dry skin because they **do not drink enough water**. On average adults need 2 litres a day, children need 1 – 2 litres depending on their size.



How can you find out if you are eating healthily?

If you are worried about what you eat and drink it is helpful to write down exactly **what, when and why** you ate or drunk on three typical consecutive days. Keeping a **Food and Drink Diary** like this can highlight any bad habits or unexpected patterns.

What you eat and drink can show if you have a balanced diet including all the main nutrients your body needs. If your diet is sugar-rich, and caffeine-rich this could explain mood swings, anxiety, irritability, fainting, trembling, lethargy and fatigue as your body has become accustomed to stimulants so you experience a low more frequently after them the more you consume them.



When you eat and drink can highlight the level of blood sugar highs and lows. If you eat sugary foods regularly throughout the day this habit might need changing. It has been said that we should eat 3 good meals a day, but many complementary therapists now believe smaller sized meals eaten regularly spaced throughout the day is more healthy. This can be particularly helpful in times of high stress, changes in life situations, or for people of slim build.



Why you eat and drink can highlight any emotional reasons or psychological associations with food and drink. The cause of these emotions might need to be addressed before you can control any new changes to your eating or drinking.



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