

# Healthy diet foundations

A healthy diet is one that provides adequate energy and all the necessary nutrients needed to maintain optimal health. Macronutrients, required in higher amounts in the diet, include carbohydrates, fats, and protein. Micronutrients, required in relatively smaller amounts, include vitamins, minerals, and phytonutrients (beneficial substances found in plants).

## Benefits of a healthy diet

Diet is an essential component of physical well-being. Although genetic predisposition may increase an individual's risk of developing certain health conditions, environmental factors, such as diet and lifestyle, may influence the risk and/or development of these conditions. In addition to disease prevention, a healthy diet is necessary to support all biochemical processes, such as:

- Cognitive function
- Energy production
- Growth and development
- Immune function
- Tissue formation (e.g., bones, muscle, nails, skin)

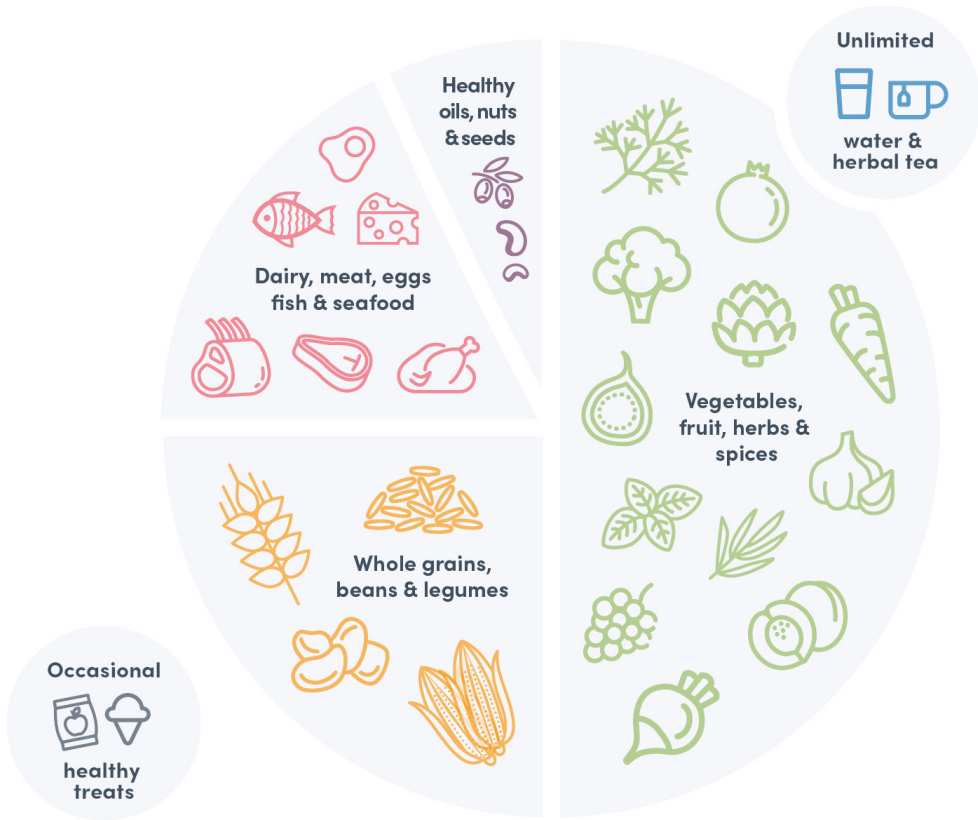
### Did you know?

**Five out of the ten leading causes of death are associated with dietary factors, including coronary heart disease, atherosclerosis, stroke, type 2 diabetes mellitus, and certain types of cancer.**



# Following a healthy diet

Be sure to consume a variety of fresh, local, and organic vegetables and fruits to ensure you're meeting your daily nutrient needs. When purchasing animal products, look for organic, free-range, pasture-raised, wild-caught, and sustainable options when possible.



\*This graphic provides a visual representation of the proportions of dietary components that should be consumed on a healthy diet. Keep this handout in a visible place, such as on your fridge, to help guide healthy dietary choices. This graphic was compiled based on general guidelines from the Dietary Guidelines for Americans 2020-2025 and Canada's food guide.

## Healthy diet food list

Avoid	Moderate	Enjoy
Processed fats and oils (e.g., fried foods, hydrogenated vegetable oils)	Caffeinated beverages (e.g., coffee, tea)	Fruits
Refined carbohydrates (e.g., added sugars, soda, white flour)	Dairy	Vegetables
Other processed foods (e.g., fast foods, prepared meals)	Eggs	Herbs and spices
	Meat, especially cured	Whole grains
	Unprocessed oils (e.g., avocado oil, coconut oil, extra-virgin olive oil)	Beans and legumes
		Nuts and seeds
		Fish and seafood
		Water and herbal tea

## References

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3. Morris, A. L., & Mohiuddin, S. S. (2020). Biochemistry, nutrients. In StatPearls. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK554545/>
4. Tapsell, L. C., Neale, E. P., Satija, A., & Hu, F. B. (2016). Foods, nutrients, and dietary patterns: Interconnections and implications for dietary guidelines. *Advances in Nutrition*, 7(3), 445–454.
5. U.S. Department of Health and Human Services and U.S. Department of Agriculture. (2020). Dietary Guidelines for Americans 2020–2025. [https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary\\_Guidelines\\_for\\_Americans\\_2020-2025.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf)



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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

\*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

Updated: May 2021