**Discover the Types of Nutrition You Need in Your Diet**

Nutrition is a huge part of what makes you healthy, but not a lot of people understand it. By understanding the basics of nutrition you are helping yourself to live a healthier life. It prepares you to make smarter food decisions in the future. This will help when you’re out shopping for groceries or you’re at a restaurant ordering a meal.

The food that you consume plays a significant role in creating a healthier diet for yourself. In fact, many people say you’re your weight loss journey starts in the kitchen because being healthy is more about nutrition than it is about physical activity.

To fully grasp the importance of nutrition, it is a good idea to educate yourself on it and the role it plays in your health. With that said, did you know that there are different types of nutrition?

**Carbohydrates**

You need carbohydrates to help you protect your muscles. They’ll give you energy and help lower your cholesterol, as well as regulate your blood pressure.

You’ll find carbs in food such as grains and pasta. Like all food eat these in moderation and use the whole wheat variety. You’ll feel full longer.

**Fats**

Healthy fats are the type you need. These can include avocados, nuts and coconut oils. The right kind can get rid of your belly fat and can improve your heart health.

**Fiber**

With the right amount of fiber it helps the movement of your digestive track. So it gets rid of toxins in the body and makes sure that you are regular in your bowl movements. You’ll find fiber in oats, brown rice and fruits.

**Minerals**

Strengthen your bones, tissues, nerve cells, teeth and muscles with minerals. You can get minerals from a variety of sources such as dairy, nuts, beans and fish.

**Protein**

The body needs protein to survive. It uses it to help build and repair muscles. Plus the right type of protein will help lose weight. Eggs, fish, lean meats, Greek yogurt and broccoli are a few ways to add more protein into your diet.

**Vitamins**

By adding more vitamins to your diet, you’ll be helping your body in so many ways. Vitamins keep your body functioning efficiently. They get the body to heal, repair and grow. Most foods high in vitamins are fruits and vegetables like red bell peppers, bananas, carrots and pumpkins. But you can find it in fish, nuts and beans as well.

**Water**

You need to drink tons of water to keep rehydrating yourself because you lose it in sweat, digesting your food and breathing. Water helps regulate your temperature, but also uses it in all your major organs so the body needs it to function properly.

The way that you eat and what you put into your body impacts how your body works and how you feel. By providing it the proper nutrition, it will function to the best of its ability. As soon as you start adding toxins the body doesn’t work as well as it should and you can start getting sick.