

## **Nutrition, our bodies and evolution**

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Did you know that we are walking around today in the same bodies that we had hundreds of thousands of years ago? You may not believe that, but it's true. Our physical bodies have hardly changed at all. Evolution is a slow process. Our biology has changed very little. Yet, our environment, where we live, the society around us, has changed dramatically, even in the last ten years!

Today, we can wake up, walk ten feet, turn on a television, watch shows that were recorded from last week, and sit there for hours on end! We can pop a Krispy Kreme donut into the microwave that we bought at the grocery store, and have our own fresh piping hot donut in minutes. Then when we're bored, we can go to the Internet and check out email, surf the web, and do a million and one other things!

When we need to use a restroom we can walk another three feet, plop down, stand up, have an automatic flusher, turn around stick our hands under an automatic faucet, and be clean, all without moving a muscle.

Life, my friends, has become too sedentary. It's too easy to stay planted in the same seat from the moment you wake up until the moment you go to bed. There are so many distractions, so many little problems that creep up during the day to keep you in your house seated in your chair. It's become too easy to be lazy with all the modern conveniences that surround us on a daily basis.

Our bodies were not made for this! Hundreds of thousands of years ago...heck, even a hundred years ago, humans participated in far more activity. We were hunters and gatherers. That is what our body is made for!

We have long lean limbs made for running and climbing. We have tall upright bodies meant to peer out over the terrain to forage for food. Our eyes, our two legged stature, it's all meant for finding the food to sustain us. Food is used as fuel.

Today, we do not forage, we go to a grocery store and pick a can off a shelf. We do not search for nuts and seeds, we merely open a bottle and pop them in our mouth. We do not use food just for fuel. We use it for enjoyment, for entertainment, for sadness, and for a host of reasons other than what it is intended for.

Below is a listing of the different types of nutrients your body needs, how much you require and where you can find it. These are the best ways to promote your body's health.

Nutrient Type		How Much?	Where it's found
Protein	Can be met by a varied, healthy diet	Age: 1-3yr = 16g/day 4-6yr = 24g/day 7-10yr = 28g/day 10yr + = at least 50/day	Tofu    beans    soy Nuts    seeds    dairy Fish    eggs    poultry meat    meat-sub
Fats	Aim for more omega-3, and unsaturated fats	No more than 60-65g/day Total Fat. No more than 17g/day of Saturated Fat.	*Flaxseed oil    *Hempseed oil *Soy products    *nuts, nut oil *avocados    *olive oil
Carbohydrates	Many options available. Aim for fiber, and whole wheat products	At least 120 grams per day. The brain requires 6 grams of glucose every hour. Over 24 hours that is 144grams.	Oats    Wheat    Breads Grain    Fruit    Juice Starch    Sugar    Fructose Dairy    Yogurt    Milk *Certain vegetables