

The Benefits of Wholesome Foods

What are wholesome foods and how are they able to lead to a better, longer, and healthier lifestyle? Wholesome foods are natural, fresh, and minimally processed. A typical diet consisting of wholesome foods will usually include fruits and vegetables, whole grains, lean proteins, nuts and seeds, and dairy. By making wholesome foods a part of your regular diet you are not only helping the sustainability of our earth but also nourishing your body with nutrient-dense foods that are rich in vitamins, fibers, and antioxidants.

Not only can wholesome foods help benefit your physical health, but it is also able to improve your mental health. Research has shown that many types of seafood including fish and oysters along with nuts contain high amounts of Omega-3 fatty acids, which reduces symptoms of depression and anxiety. Omega-3 is one of the many benefits wholesome foods are able to offer. Eating wholesome foods can also reduce the amount of pollution produced compared to industrial foods. While admittedly being cheaper compared to wholesome food, industrial or processed food will usually result in more chemicals and packaging being used just to offer an alternative that promotes animal cruelty and is of lower quality. By choosing wholesome foods you are supporting more sustainable agriculture, reducing waste from packaging, and supporting smaller farms and economies.

Some may ask, “How can wholesome foods lead to wholesome living?” Wholesome living is when one focuses on being healthy physically, mentally, and emotionally. An aspect of wholesome living is physical health, a part of one’s physical health is his or her weight which many people in the United States struggle with. Obesity rates in adults have risen over 12 percent in the past 20 years sitting at a disquieting 42 percent as of 2017. Wholesome foods are able to help with weight maintenance or even weight loss in a variety of different ways. Many wholesome foods ranging from fruits, vegetables, and whole grains all consist of very low calories while being high in volume. The top 33 lowest-calorie foods are a blend of both fruits of vegetables. A diet with foods that are low-calorie and high-volume will help with weight loss due to the reduction of overall calorie intake. A very common and negative side effect of obesity is type two diabetes, a chronic condition that affects one’s blood sugar. However, along with its weight loss and weight maintenance benefits, fruits and vegetables such as berries and leafy green vegetables are also able to help regulate blood sugar and insulin levels.

Aside from fruits, vegetables, whole grains, and nuts, meat is also another main component of one's diet. As mentioned before many people may prefer processed meat over wholesome meat due to its price, however, the difference between the two is much deeper. One huge distinction between the two types of meat is nutrient quality. Wholesome meat tends to have a higher nutrient content compared to processed meat due to it being healthier and living in better conditions. This will result in wholesome meat being more flavorful and tender compared to industrial meat while supporting animal welfare.

Eating a variety of wholesome foods also promotes better sleep in a few ways. Wholesome foods including nuts such as almonds or pistachios are a good source of both melatonin and magnesium. Melatonin is a hormone that determines how long and well one's period of sleep is, it is stimulated by darkness. Magnesium is an element and is a cofactor for over 300 enzyme systems, it is vital for a good night of sleep since Magnesium helps relax the muscles and calm the nerves. A night of better sleep is connected to being physically healthy since when one is sleeping they are able to repair and regenerate tissues, muscles, and organs. It is also important for one's mental health since sleep is crucial for both memory and concentration, a lack of sleep can eventually lead to depression and anxiety.

In conclusion, consuming a diet consisting of wholesome foods that are rich in vitamins, fiber, and antioxidants can lead to being physically and mentally healthier. Wholesome foods are able to reduce levels of depression and anxiety, be more sustainable than processed foods procedures, support a healthy weight, prevent the risk of chronic diseases, and promote better sleep. These benefits of wholesome foods are able to lead people to a more wholesome life.

Sites Sourced

[Top 12 Foods That Are Very High In Omega-3](#)

[Adult Obesity Rates in America](#)

[33 Foods That Are Very Low In Calorie](#)

[Higher Intakes Of Fruits And Vegetables Reduces The Risk Of Type 2 Diabetes](#)

[Foods High In Melatonin](#)

[Sources of Magnesium](#)