# Food

http://www.formulaforlife.com.au/images/spacer.gifWhat we choose to eat is influenced by hundreds of factors, and there is no doubt that we 'eat' with our eyes, our taste buds and memories, long before nutrition is considered.

If a food does not look familiar or good, most people will not even taste it. Once tasted, if it is not nice then it will not be eaten. And chances are that the same food will always be rejected no matter how it is prepared or presented!

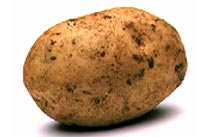
The taste of a food changes with every cooking and preparation method. Just think of how the flavour of boiled potato differs from potato that is mashed, roasted, chipped or in a salad!

But did you realise that the wonderful tastes, flavours and colours of natural foods often reflect their nutritional benefits? The brilliant redness of capsicum, tomato and strawberries indicates a rich source of vitamin C. The varying shades of orange in salmon, sweet potatoes and carrot are due to the presence of vitamin A in the form of carotenoids. The full flavour of herbs, vegetables and fruits in season may reflect their complex anti-oxidant profiles.

With more than 1000 natural anti-oxidants found in food, it is no surprise to discover that taste seems to be interwoven with nutrition. For example, fresh herbs and spices not only add taste, but also a myriad of nutrients. Onions, tomatoes and broccoli not only add flavour, but they also may reduce your risk of developing cancer and heart disease - the same components responsible for flavour are probably responsible for their health benefits.

As you can see fresh food can offer you a myriad of flavours as well as providing you with the nutrients you need. So why not be adventurous and experiment with new varieties of food from each of the core food groups. Try a new recipe, cooking method or combination of flavours; you never know you might even re-discover the delicious tastes and textures of healthy food.

## Food groups

http://www.formulaforlife.com.au/images/spacer.gifToday, it's broadly accepted that "healthy" describes far more than just a lack of disease. It's a state of positive balance which overlays our physical, mental and spiritual well being. To that end, clear dietary guidelines now exist to help us maximise our sense of well being and prospects for a long and healthy life.

The different kinds of food that we eat everyday for breakfast, lunch, dinner and snacks are all part of the 5 Basic Food Groups. These have been developed to show how much of these different groups you need to eat to stay healthy. They include:

* Vegetables and legumes
* Fruit
* Bread, cereals, rice, pasta, noodles
* Milk, yoghurt, cheese
* Meat, fish, poultry, eggs, nuts

## Foods and substances to limit

http://www.formulaforlife.com.au/images/spacer.gifThere are a number of foods and substances that don't fit into the five basic food groups. Some are not essential for good health, whilst others are only needed in small amounts. The main ones to watch for are:

* Fats
* Salt
* Sugar
* Alcohol
* Caffeine
* Tobacco
* Cholesterol

So in order to keep yourself in the best possible health, aim to limit your intake of these substances.