

Rhythm of life

Week 3: Sustenance Rhythms

Establishing a nutritional rhythm that's right for you will provide your body with the energy it needs to carry you through the day's activities. When you eat, you provide nourishment to sustain your body for the next 4 to 5 hours. And while there's no one-size-fits-all answer for when to time meals, most dietitians agree that eating breakfast, lunch, dinner, and two small snacks — one mid-morning and one in the afternoon — can help maintain energy levels, control appetite, and minimize overeating. Getting in a rhythm of eating the right foods, in the right quantities, and at the right times can keep your body healthy and make you feel great.¹

Carbohydrates are macronutrients and an important component of proper nutrition. They serve as the body's main source of energy, fueling the brain, heart muscles, kidneys, and central nervous system. For most people, the best plan for maximizing your metabolic rate is to eat carbs early in the day. Consuming carbs at night gives you less time to metabolize them, leaving them to be converted to fat. Of course, the quality of the carbs you eat is key. Avoid processed foods and choose carbs like grains, nuts, seeds, beans, and fruits and vegetables that are high in fiber.²

Protein, another macronutrient, helps preserve lean muscle mass, repair tissue damage, and improve immune function. Consuming protein in the morning provides energy for your body, and incorporating protein into your snacks can reduce hunger between meals. During any meal, adequate protein can help produce feelings of fullness. Good sources of protein are meats — such as chicken, lean beef, and fish — and low-fat dairy products. Other non-meat options include whole grains, beans and legumes, tofu, edamame, eggs, nuts and seeds, avocados, leafy greens, and peas.

Water makes up 50% to 70% of your body weight and is required by every cell, tissue, and organ to function properly. Through your breath, perspiration, and urination, you lose water that needs to be replenished. Most people drink approximately 80% of the water needed by the body, leaving about 20% to come from foods. The right amount of water for you depends on your environment, activity level, and overall health. Make drinking plenty of water throughout each day a part of your daily rhythm.



Tips for healthy sustenance:

- Eat regularly throughout the day — find the rhythm that works for you
- Don't skip breakfast
- Choose quality over quantity
- Individualize your nutrient intake, and pay attention to how you feel after eating
- Eat dinner earlier rather than later
- Choose water over sodas
- Drink water with meals and between meals
- Drink water before, during, and after exercise

Commit to long-lasting, positive change — make healthy sleep patterns, personal safety routines, and sustenance choices a part of your rhythm of life.

1. <https://www.cindyspratt.com/new-blog/2021/8/31/why-food-rhythm-is-your-ticket-to-feeling-good-all-day-long>
2. <https://www.livestrong.com/article/13770459-best-time-to-eat-carbs/>