



# Health Full Eating & Nutrition



## Ask an Ecologist: Favorite Healthy Eating Tips

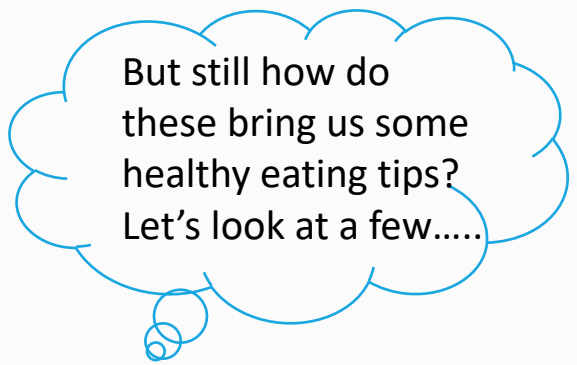
### An Ecologist? For nutrition?

I know what you may be thinking, what do ecologists know about health eating? But hear me out and let's start with the basics. In 2003, an article was published that explains and emphasizes the seven principles, why ecology and the environment matter.

Okay, so here is how asking an ecologist may help us all with healthy eating tips. The seven principles of ecology help all of us to be mindful about the ecological footprints that we all create in each of our environments. This mindfulness can then in turn help us all create healthier and more mindful eating choices.

### The Seven Principles of Ecology

1. I am part of the environment
2. Everything is connected
3. Everything changes
4. Everything goes somewhere
5. The earth has limits
6. Diversity tends towards stability
7. There is no free lunch



But still how do these bring us some healthy eating tips? Let's look at a few.....

## THERE IS NO FREE LUNCH

This one may sound obvious, but let's look at it from a nutrition perspective. Try asking yourself these questions: How far did this food have to travel to reach me? Is the fresh food item in season? Could I have gotten this food item from a local source? All of these will help lead you towards higher nutrients per food item and help you to shop local!

## EVERYTHING CHANGES

The big change that should be mentioned here is your taste buds. Like the rest of the cells in your body, your taste buds change and grow as you do. Often food that you did not like when you were younger may start to be increasingly preferable as your taste buds change and as your cooking style changes.

## DIVERSITY TENDS TOWARDS STABILITY

Now this idea could mean a lot of things but look at the diversity in what you are eating. For example, if you have the same exact meals every day all year, you may technically meet all the carbohydrates, proteins, and fats that you are supposed to get but where does the diversity of the vitamins and minerals come from? Eating a large diversity of foods throughout the growing year, will allow for a larger range of micronutrients to enter your diet and support important systems such as the immune and muscular systems.

### References:

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<https://www.cdc.gov/nutrition/micronutrient-malnutrition/micronutrients/index.html>