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Nutrient Intakes

Scientists are recommending that fruits in our diet be based on a variety rather than any single fruit, and this is for a number of reasons. Fruits contain a number of phytonutrients and each affects wellbeing in different ways. While each has its own job to do, the way they are combined in a live fruit means their effect is greater than can be created by individual supplements. This Synergy is also found when fruits are combined. While scientists have now mapped all the individual genes in the human body, nutrition influences how they are expressed. RDI's (Recommended Dietary Intakes) are used to determine the adequacy of individual nutrients in our diet however they are intended to evaluate average requirements of groups to prevent deficiencies, not for specific individuals to perform above average. They do not take into account an individual's requirements or include the synergy effect. As nutritionist Nancy Clark, MS, RD of Boston remarks " People eat food, not nutrients" If our bodies consume high nutrient food for which they are naturally designed, and nature provides it in the right combination, small doses are all that is required, and as is the case of the ['19 fruit blend juice'](#) - less is more.

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