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## WHAT IS HEALTHY EATING, EXACTLY? 9 FOOD PROS WEIGH IN

Emily Laurence | August 18, 2019



You'd think a quest as straightforward as nourishing your body would be simple, but the deeper you go into the healthy food space, the more confusing it can be. Between a whole slew of different eating plans, alternative meats created in labs, natural sweeteners, and a new alt-milk popping up seemingly every week, it's a tricky space to navigate.

Here, nine dietitians, chefs, doctors, and fitness trainers in the wellness space reveal the healthy food motto they live by, serving as their True North no matter how the landscape changes. Keep reading to save their healthy eating quotes and mottos for your own future reference.

### 9. Healthy eating is all about the long-term gains

While food satisfies obvious immediate needs, functional medicine doctor **Elroy Vojdani, MD**, considers how everything he eats will affect his health long-term—for better or for worse. “Healthy eating to me is being conscious of what I put in my body to maximize my long-term health based on my personalized risk factors and blood testing,” he says. Dr. Vojdani says he has a history of irritable bowel disease and a family history of cardiovascular disease, so he eats



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a dairy- and gluten-free version of the Mediterranean diet. “This keeps my IBS at bay and manages my long-term risk of cardiovascular disease,” he says. And if he eats something out side of his preferred eating style, he makes sure it’s really worth it.

<https://www.wellandgood.com/good-food/healthy-eating-quotes/>