

# What Animals Can Teach Us About Rediscovering Our Nutritional Wisdom

Humans are not the only animals that need to eat to survive. All animals need to consume nutrients in order to function properly. However, the way that animals eat can vary greatly from species to species. Some animals are herbivores, meaning that they only eat plants. Others are carnivores, meaning that they only eat meat. Still others are omnivores, meaning that they eat both plants and meat.

Despite their different diets, all animals have a lot to teach us about nutrition. By observing their eating habits, we can learn a lot about what foods are healthy for us and what foods to avoid. In this article, we will explore what animals can teach us about rediscovering our nutritional wisdom.



## Nourishment: What Animals Can Teach Us about

## Rediscovering Our Nutritional Wisdom by Fred Provenza

★★★★☆ 4.6 out of 5

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Screen Reader	: Supported
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## **Herbivores**

Herbivores are animals that only eat plants. This includes animals such as cows, horses, sheep, and deer. Herbivores have a digestive system that is specifically designed to break down plant material. Their stomachs are large and contain bacteria that help to ferment the plant material. This fermentation process allows the herbivores to extract the nutrients from the plants that they eat.

Herbivores can teach us a lot about the importance of eating plenty of fruits and vegetables. Fruits and vegetables are packed with vitamins, minerals, and antioxidants. These nutrients are essential for good health and can help to protect us from chronic diseases such as heart disease, cancer, and stroke.

## **Carnivores**

Carnivores are animals that only eat meat. This includes animals such as lions, tigers, bears, and wolves. Carnivores have a digestive system that is specifically designed to break down meat. Their stomachs are smaller than those of herbivores and they do not have the same bacteria that help to ferment plant material. This means that carnivores must eat meat in order to get the nutrients that they need.

Carnivores can teach us a lot about the importance of eating lean protein. Lean protein is a good source of amino acids, which are the building blocks of protein. Protein is essential for building and repairing tissues, and it also helps to regulate blood sugar levels and support the immune system.

## **Omnivores**

Omnivores are animals that eat both plants and meat. This includes animals such as humans, bears, pigs, and raccoons. Omnivores have a digestive system that is able to break down both plant and animal material. This gives them a wider range of food choices than herbivores or carnivores.

Omnivores can teach us a lot about the importance of eating a balanced diet. A balanced diet includes a variety of foods from all food groups. This ensures that we are getting all of the nutrients that we need for good health.

Animals have a lot to teach us about nutrition. By observing their eating habits, we can learn a lot about what foods are healthy for us and what foods to avoid. In this article, we have explored what animals can teach us about rediscovering our nutritional wisdom. We have learned that herbivores can teach us about the importance of eating plenty of fruits and vegetables, carnivores can teach us about the importance of eating lean protein, and omnivores can teach us about the importance of eating a balanced diet.

By following the nutritional wisdom of animals, we can improve our health and well-being. We can reduce our risk of chronic diseases, improve our energy levels, and live longer, healthier lives.

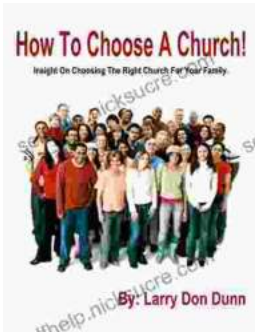


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