



# Is a Healthy Diet Enough to Support a Healthy Lifestyle?



## What Is a Healthy Diet?

While there are many popular diets to follow — plant-based, low-carb, Whole30, and Mediterranean, to name a few — what constitutes a healthy diet may look different for everyone. What is universal, however, is that a healthy diet is balanced and provides the essential nutrients your body needs to function at its best. It should be built around nutrient-dense, properly prepared, whole foods while minimizing sugary and heavily processed options. That's it. It's that simple.

## Types of Dietary Approaches

Health goals and dietary needs vary from person to person, and the various well-known diets offer different benefits. For example, [plant-based meals](#) often provide significant amounts of fiber, vitamins, and minerals. The low-carb diets focus on reducing carbohydrates — such as those found in grains, starchy vegetables, and fruit — and are often used to support weight loss. The [Whole30 diet](#) is basically an elimination diet that can help individuals learn more about their bodies and identify foods they may be sensitive to or have difficulty digesting. The [Mediterranean diet](#) is the most well-studied diet and provides an all-around holistic diet with a focus on healthy fats (especially olive oil), along with vegetables, fruits, cereals, nuts, and legumes, moderate amounts of fish, and lean meats.

These are just a few examples of dietary approaches: other popular choices include keto, paleo, intermittent fasting, and more. Regardless of how you build your plate, be sure to talk to your doctor before starting a new diet regimen.



## How Important is a Healthy Diet?

In a word — very. In fact, maintaining a healthy diet is the foundation of good health. Getting enough of the right nutrients isn't always easy, especially as life gets busy. Stress, changing activity levels, and the natural aging process all influence your nutritional needs and overall well-being. On top of that, certain medications and lifestyle habits can affect how well your body absorbs nutrients from food. That's why focusing on a diet full of nourishing, whole foods, and cutting back on the "junk" or empty calories, can make a real difference. It helps give your body the nutrition it needs to function, whether your goal is to have more energy, support your fitness program, or simply feel good day to day.

## Benefits of Having a Healthy, Well-Balanced Diet



**Supports cardiovascular health**



**Maintains digestive health**



**Supports cognitive function and long-term brain health**



**Supports mood and mental well-being**



**Helps maintain strong bones**



**Helps maintain a healthy weight <sup>1</sup>**

# A Healthy Lifestyle is More than Diet Alone

To have a truly healthy lifestyle, we need to look beyond our diets. These other factors go hand in hand with the food we eat to help keep us healthy, fueled, and resilient.



## Stay Active

The benefits of exercise are many — no matter your age or fitness level. Physical activity helps build and maintain lean muscle mass, promotes cellular health, improves sleep and mood, and reduces the risk of health problems associated with inactivity. Whether it's lifting weights, playing sports, swimming, or just taking regular walks, make movement a daily priority to help you feel and move better.



## Reduce Stress

Stress can affect everyone, and managing it is key to overall health. [High stress levels](#) can impact everything from sleep and mood to cognitive function and immune health. Simple ways to manage stress include meditation, connecting with friends, enjoying a hobby, and spending time in nature. Talk to your doctor or healthcare provider if you have difficulty managing your stress or feel overwhelmed.



## Practice Good Sleep Hygiene

Sleep is vitally important to support your health. It is a time of rest and rejuvenation for every system in your body. Regular, sufficient sleep can contribute to better mood, focus, brain, cardiovascular, and immune health.



## Consider Adding Supplements

A healthy diet may not always provide you with all of the vitamins and minerals you need for optimal health and performance. While most people take in plenty of macronutrients (proteins, carbohydrates, and fats), micronutrients (vitamins and minerals) can be harder to get, especially with busy lifestyles and as we age. Quality supplements can help fill those gaps and support healthy nutrient levels — no matter your age or activity level.



## Supplementing Your Healthy Lifestyle

Even if you eat a healthy diet with a rich variety of whole foods, supplementation can still be beneficial. It can be difficult to obtain adequate levels of certain nutrients from diet alone, such as Vitamin D, vitamin K2, vitamin B12, and folic acid.<sup>2</sup>

Lifestyle elements, like high stress or inadequate sleep, can also impact nutrient levels. Read on to learn about supplements that you might consider including in your daily routine — and always consult a qualified nutrition professional or healthcare provider before starting a new supplement or if you have questions about your individual needs.



### 1. Multivitamins and Multiminerals

For many adults, a high-quality multivitamin and mineral supplement can help fill common nutritional gaps and support overall wellness. There are many options to choose from, with reputable brands offering well-designed formulations, some of which are made with real food ingredients. Look for multivitamin and mineral supplements that are tailored to different life stages and nutritional needs, such as those designed specifically for men or women within various age ranges. Choosing a supplement aligned with your gender, age, and lifestyle can help ensure your body gets the right balance of essential vitamins and minerals every day.



## 2. Omega-3 Fatty Acids

Omega-3s and Omega-6s are essential fatty acids. “Essential” refers to the fact that our bodies require these nutrients but cannot produce them, so we must obtain them through what we eat. Put simply, Omega-3s are anti-inflammatory, while Omega-6s are pro-inflammatory. Historically, humans ingested these fatty acids in a 1:1 ratio. But modern Western diets that are typically high in Omega-6s from vegetable oils like corn, cottonseed, and soybean oil found in processed foods, meaning that most people consume closer to a 15:1 ratio – a major factor contributing to the inflammatory conditions we see today. In addition to reducing your consumption of processed foods, consider taking a high-quality Omega-3 fish oil supplement to promote a healthy balance of Omega-3s to Omega-6s.



## 3. Magnesium

Magnesium plays a role in over 600 enzymatic processes in the body.<sup>3</sup> Magnesium is involved in nerve conduction, blood sugar regulation, protein synthesis, cell regeneration, cardiovascular health, and digestion – the list of its benefits is long. Deficiency can result in loss of appetite, fatigue, muscle cramps, anxiety, mood swings, insomnia, and migraines. Magnesium is found in many foods, including green leafy vegetables, almonds, avocado, dark chocolate, and flaxseed. Although we obtain magnesium through our diets, many people may not be consuming the recommended daily amount of magnesium and may benefit from adding a supplement.<sup>4</sup> Talk to a qualified nutritional counselor or healthcare provider about your individual needs.

## B<sup>12</sup>

### 4. Vitamin B12

Vitamin B12 is found naturally in whole foods such as red meat, egg yolks, nuts, and spinach. Some packaged foods, such as cereals and plant-based milks, are fortified with it, meaning B12 has been added. However, some people do not get enough Vitamin B12 from the diet and may become deficient due to dietary choices like vegetarianism and veganism, decreased stomach acid (common in older adults), health conditions, or use of certain medications. Vitamin B12 deficiency can lead to elevated levels of a non-essential amino acid called “homocysteine,” which is associated with an increased risk of cardiovascular health problems.

Don't overlook the value of B12 in your diet or through supplementation. It is critically important to maintain healthy levels of B12 for energy, healthy cognitive and nerve function, and overall health.<sup>5</sup>

## B<sup>6</sup> B<sup>9</sup>

### 5. Vitamin B6 and Folic Acid (B9)

Two other essential B vitamins often discussed together are [vitamin B6](#) and [folic acid \(vitamin B9\)](#), called “folate” in its natural form. Both are vital for supporting cellular health and the production of red blood cells, yet they perform different functions within the body. Vitamin B6 plays a key role in amino acid metabolism and in producing neurotransmitters, while folic acid is essential for DNA formation and cell division. Healthy intake of both nutrients is particularly important for women on their preconception journey. In fact, vitamin B6 supports hormonal balance and nervous system health. Also, healthy diets with adequate folate may reduce a woman's risk of [having a child with a neural tube defect](#). To increase your intake of these vitamins, choose leafy greens, legumes, such as chickpeas and lentils, and fortified cereals, and consider adding a high-quality supplement to your diet. Always consult with your licensed healthcare provider to address your individual nutritional needs.



## 6. Kaneka Ubiquinol®

Ubiquinol, the active antioxidant form of CoQ10, provides many health benefits for people at every stage of life. Ubiquinol is naturally produced in the body and plays a key role in powering cellular processes and supporting overall health. Ubiquinol is your overall wellness ally: it supports your heart, helps generate the cellular energy your body relies on, and protects your cells from daily stressors and oxidative stress thanks to its antioxidant properties – making it ideal for promoting healthy aging.

Your body's natural production of CoQ10 decreases as you get older and due to factors like increased oxidative stress and the use of statins.,, For anyone looking to support their wellness at the cellular level, and promote heart health and healthy aging, a high-quality supplement like Kaneka Ubiquinol® helps maintain healthy ubiquinol levels. Kaneka is the only U.S. manufacturer of the ubiquinol form of CoQ10. To ensure you're taking the ubiquinol form of CoQ10 and a high-quality supplement containing authentic Kaneka Ubiquinol®, look for the Kaneka Quality Seal and "Kaneka Ubiquinol®" in the Supplement Facts panel or on the product's label.

## Interested in Trying Ubiquinol?

Ubiquinol acts as a powerful antioxidant and is vital to helping your cells, heart, and other organs function properly. Ubiquinol also supports other health priorities like preconception health, maintaining a healthy oxidative balance, promoting energy metabolism during exercise, and menopausal support. If you're interested in supporting your cellular energy, mitochondrial health, or healthy aging with Kaneka Ubiquinol®, you can request a free, 10-day sample by visiting <https://ubiquinol.org/consumer-sample-requests/>.

## Sources:

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