

HEALTHY EATING

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. Nutrition is important for everyone. Below are some tips to help you create a more sustainable, healthy, active lifestyle.

SLOW DOWN.

The pace at which you eat influences how much you eat, as well as how likely you are to gain weight.

CHOOSE WHOLE GRAIN BREAD INSTEAD OF REFINED.

Whole grains have been linked to a variety of health benefits, including a reduced risk of type 2 diabetes, heart disease, and cancer. They are also a good source of fiber, B vitamins, and minerals such as zinc, iron, and magnesium.

INCREASE YOUR PROTEIN INTAKE.

Protein is often referred to as the king of nutrients. Good sources of protein include dairy products (Greek yogurt especially!), nuts, peanut butter, eggs, beans, and lean meat.

DRINK ENOUGH WATER.

Drinking enough water is important for your health. It is recommended to drink eight 8-ounce glasses, which equals about two liters, or half a gallon, each day.

TRY AT LEAST ONE NEW HEALTHY RECIPE PER WEEK.

Aiming to make a new healthy recipe at least once per week can change up your food and nutrient intakes and hopefully add some new and nutritious recipes to your routine.

BECOME MORE ACTIVE.

Good nutrition and exercise go hand in hand. Exercise has been shown to improve your mood, as well as decrease feelings of depression, anxiety, and stress.

GET A GOOD NIGHT'S SLEEP.

The importance of sleep can't be overstated. Sleep deprivation disrupts appetite regulation, often leading to increased appetite, sometimes resulting in increased calorie intake and weight gain.

MAKE HEALTHIER CHOICES IN YOUR FOOD CONSUMPTION.

Sometimes eating healthy comes down to making healthier choices. One way is to replace your favorite fast-food restaurant with one that offers healthier options. When eating, make sure to eat whole foods instead of drinking them as these options often contain more sugar. Avoid processed foods or foods that have seed and vegetable oils. Eating from smaller plates has also been proven to affect how much you eat, minimizing the risk for over-eating.