

# Healthy and Nutritional Eating



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Maintaining a healthy diet is sometimes easier said than done, especially when we are making a conscious decision to do so. We are often tempted to turn to less healthy food choices because they might be satisfying a craving or easy to get or prepare. Believe it or not, unhealthy eating can lead to inadequate nourishment, iron deficiency, low blood sugar and obesity, just to name a few.

Between family and work, we are probably balancing a hundred things at once and it's often difficult to find the time to eat healthy. This article will share with us, some tips on incorporating a healthier and more nutritious eating into our lifestyle. Try these tips:

- ❖ ***Drink enough water.*** Water is involved in every function of our bodies and not supplying enough water to the cells needing water can cause tiredness, low energy, headaches, and dehydration.
- ❖ ***Maintain a healthy weight.*** Besides proper nutrition, regular exercise is also important in maintaining a healthy weight.
- ❖ ***Eat breakfast, and eat smaller meals throughout the day.*** A healthy breakfast can jumpstart your metabolism, and eating small, healthy meals throughout the day (rather than the standard three large meals) keeps your energy up and your metabolism going.
- ❖ ***Eat a variety of nutrient-rich foods.*** Your daily food selection should include whole-grain products; fruits; vegetables; dairy products, beans and legumes; meat, poultry, fish and other protein foods; and healthy fats.
- ❖ ***Eat meals low in saturated fat and cholesterol and also moderate in total fat.*** Less than 10 percent of your daily calories should come from saturated fat, and less than 30 percent of your daily calories should come from total fat.
- ❖ ***Eat foods with a small number of calories from added sugars*** (like in candy, cookies, and cakes).
- ❖ ***Eat foods prepared with less sodium or salt.*** Aim for no more than 2,400 milligrams of sodium per day, or about one teaspoon of salt per day for a healthy heart.
- ❖ ***Try not to think of certain foods as “off limits.”*** When you ban certain foods or food groups, it is natural to want those foods more, and then feel guilty if you give in to temptation.
- ❖ ***Take time to chew your food and enjoy mealtimes.*** Chew your food slowly, savouring every bite.
- ❖ ***Don't give in when you eat out and are on the go.*** It's important to make smart food choices and watch portion sizes wherever you are—at the grocery store, at work, in your favorite restaurant, or running errands. In a restaurant opt for steamed, grilled, or broiled dishes instead of those that are fried or sautéed. If on the go, pack some fresh fruit, cut-up vegetables, string cheese sticks, or a handful of unsalted nuts—to help you avoid impulsive, less healthful snack choices.

Healthy and nutritional eating is about feeling great, having more energy, and keeping yourself as healthy as possible. Remember that every change you make to improve your diet matters!

*If you are interested in receiving more information on healthy and nutritional eating or other relevant and useful information, remember that your EAP is here to help. Contact us at [eap@familiesinaction.net](mailto:eap@familiesinaction.net)*

