



# NUTRITION

**We are what we eat, meaning our bodies and minds are interconnected.**

**Fueling ourselves with nourishing foods supports:**

- clarity of thought
- improved memory
- immune system support
- Mood
- Quality Sleep

**The U.S. Dept. of Health and Human Services recommends a variety of vegetables in the dark green, red and orange varieties, legumes including beans and peas, other vegetables, fruit, whole grains, fat-free or low-fat dairy products such as a milk, yogurt and cheeses, as well as a variety of proteins, such as seafoods, lean meats and poultry, or eggs. It is also important to consume healthy oils and fats, such as canola, olive or peanut oils. Watch out to avoid large amounts of sodium and salt, saturated and trans fats, added sugars, and generally limiting the volume of overly-processed, low quality foods.**





# Ways to Practice

**Build a better plate at least two times this week.**

**Think of your plate as having 4 quarters: Fill half with fruits and vegetables; 1/4 with a lean protein, and 1/4 with a whole grain.**

**Aim for a rainbow. Vary fruits, veggies and nutrients by eating something red, orange, yellow, green, blue, purple throughout the day.**

**Take note of your hunger cues and cravings. Write down how you are feeling at the time you experience a feeling of hunger or a craving to identify if it is actual hunger or a reaction to an emotion.**

**Eat mindfully for one or two meals without the tv on, your phone etc.**

**Snack Smarter--swap out processed foods or those with added sugars, sodium and saturated fats for a piece of fruit, yogurt, a handful of almonds or something less processed.**

