



Nutrition Management & Healthy Eating

Overview

Healthy eating/ healthy diet is a diet that helps maintain or improve a person's health through their food choices. A healthy diet can provide the body with all of the essential nutrients it needs to thrive. Having a healthy eating routine is about feeling good, having more energy, and improving one's health long term.

Impact on Health

- Improved mood and mental health
- Increased energy level
- Improved memory and brain function
- Stronger Immune System
- Better sleep
- Increase productivity and attention
- Prevents diseases and illnesses (i.e. type II diabetes, heart diseases, obesity etc.)

Changes to incorporate into routine...

- Plan out your meals ahead of time
- Eat a well-balanced diet with a variety of foods such as consuming a lot of vegetables, whole-grains, lean protein and low-fat dairy products
- Cut down on refined sugars and processed foods and find solutions to swap in healthier options
- Use less salt and limit high sodium foods. An easy way to cut down is by using more spices and herbs to season food.

Nutrition Management Tips

- Utilize a food journal or app to keep track of what you have been eating
- Shop smart! Choose foods that fit into your budget and your lifestyle.
- Check the label! Find out how many calories you need- the number of calories you need each day depends on your age, weight, height, sex, and your current level of physical activity.



Create your healthy eating plate!

There are plenty of healthy choices in each food group. You can choose a variety of foods that you enjoy, including:



Whole fruits – like apples, berries, grapefruit, papaya, and bananas



Veggies – like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama



Whole grains – like brown rice, millet, oatmeal, bulgur, and whole-wheat bread



Proteins – like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



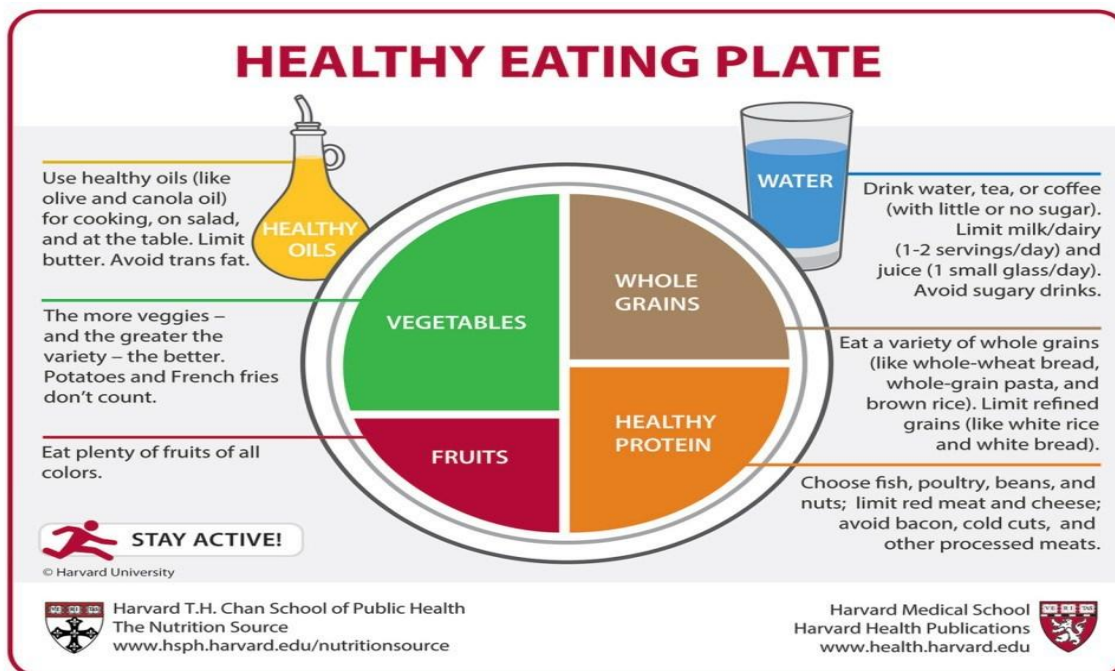
Low-fat or fat-free dairy – like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils – like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Remember to find the healthy foods that work best for **you**! You can also refer to the following for portion recommendations:





Nutrition Label Activity

1. What is your snack?

2. What is the serving size?

3. How many servings are there?

4. How many calories are there per serving?

5. How many grams of total fat are there?

6. How many grams of saturated fat are there?

7. How many grams of total carbohydrates are there?

8. How many grams of fiber are in your snack?

9. How many grams of sugar are in your snack?

10. How many grams of sugar added are there?

11. How many grams of protein are there?



Eat Smart, Move More!

Building healthy habits doesn't happen overnight, but **making small changes every day can make a big difference for your heart and brain health**. Eating a healthy diet, maintaining a healthy weight, and getting enough physical activity can help you lower your risk for heart disease and stroke.

This calendar can help you reach your healthy eating and physical activity goals one step at a time. Here are some ideas to get you started and some space for you to fill in your own goals. Don't forget to celebrate the big AND small wins—you got this!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Experiment with a new heart-healthy recipe, like these oven-baked sweet potatoes. https://bit.ly/2JicEwG		Find small ways to get active throughout the day. Take the stairs, or power walk during your lunch break! http://bit.ly/2mQagPK			Headed to the grocery store? Check food labels for the amount of sodium per serving, and see if there are low/no sodium options available. http://bit.ly/2GcPqDw
Try mapping out your meals for the week. Planning ahead can help you stick to a healthy eating lifestyle! http://bit.ly/2aXykLq		Instead of dining out, cook meals at home and pack leftovers to help cut back on sodium. These Brussels sprouts would make the perfect side! http://bit.ly/2memcbY		Simple swaps can make your meals and snacks healthier. Go for veggies with hummus instead of chips and dip. http://bit.ly/310TF9u		
	Power through your day with smart snacking. Bring sliced apples or bell peppers to satisfy your cravings. http://bit.ly/2IPRnGM		Some of the saltiest foods may not even taste salty. Watch out for the top sources of sodium in your diet. http://bit.ly/2ccVH3a			Move a little more every day. Track your physical activities for the week—even vacuuming and gardening could count! http://bit.ly/2HVe8dg
		Add flavor without the salt. Try a new spice or herb, like paprika or thyme. https://bit.ly/3eE20Mz		Rethink your drink. Instead of soda or sweetened juices, try flavoring your water with cucumbers or lemons. http://bit.ly/2k5Wun0	Ordering from a restaurant? Split your meal with a friend or family member to lower your sodium intake. http://bit.ly/2aXvxfR	