

Life, Health and You



Healthy Food Choices

Good food and beverage choices can give your body the fuel it needs, help you stay full longer, and improve your health. The federal dietary guidelines advise adults to consume these foods and beverages:

- fruits and vegetables
- seafood, lean meats and poultry, eggs, beans, and unsalted nuts and seeds
- fat-free or low-fat milk and milk products, including fortified soy beverages
- whole grains like oatmeal, whole-wheat bread, and brown rice

Try these ideas to add healthy foods and beverages to your life:

Cover half of your plate with fruits and veggies and choose high-fiber foods like beans and whole-grain breads and cereals.

Buy canned or frozen veggies.

Choose a healthy option like salad topped with grilled chicken (not fried) or ask for a side of steamed

veggies instead of fries when you eat away from home.

Choose water, fat-free milk, or sugar-free coffee or tea rather than sugary beverages.

Replace snacks like chips and sweets with fat-free yogurt or baby carrots. Buy low-fat and sugar-free versions of your favorite snacks to limit the amount of empty calories you eat or drink.

If you love dessert or have a sweet tooth, replace cakes, cookies, and other treats with fresh fruit and low-fat or fat-free yogurt.

Before buying packaged foods, read the Nutrition Facts label to find out how much sodium, solid fat, and other nutrients are in one serving of the food. The label also tells you how many servings are included in the package.

How many calories you need to stay healthy depends on age, genes, gender, height, weight, and how active you are. In general, men need more calories than women, and younger adults need more calories than midlife adults or older. Ask your doctor about your calorie needs.

Healthy Eating on the Go

Eating a balanced and nutritious diet on the go is one of the biggest challenges faced by those who spend considerable time traveling. But eating healthy is possible, with a few key strategies in place:

Power up with protein. Start your day with a protein-packed breakfast that will keep you from being hungry and making less-than-desirable choices later in the day.

Pack snacks. Plan ahead and pack nuts, granola bars, fresh fruit, low-fat cheese sticks or veggie and hummus packs. Try pre-cut fruit cups, apples with sharp cheddar cheese slices or walnuts and dried cherries in a baggie.

Don't fear fast food. Fast food or fast casual restaurants are inevitable in life. When faced with that as your only option, don't fear the menu. Instead, break it down by entree/sandwich, side, and drink. Make the best choices in each category.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

March is [Brain Injury Awareness Month](#) to promote awareness and education surrounding brain injuries.

[Nutrition Month](#): This year's theme is "Beyond the Table."

March 1st is [National Employee Appreciation Day](#) where Bosses have the chance to support, thank and reward workers

Mental Health Minute



Positive Mental Attitudes Toward Nutrition

Making sudden, radical diet changes can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea and won't be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you reflect, replace, and reinforce.

- REFLECT on all of your specific eating habits, both bad and good and your common triggers for unhealthy eating. Work on managing the triggers for unhealthy habits.
- REPLACE your unhealthy eating habits with healthier ones. Plan meals ahead of time.
- REINFORCE your new, healthier eating habits. Remember that it takes one day at a time to build healthy habits.

LIVE MONTHLY WEBINAR:

Eating Right for Life

Date: 3/13/2024 | Time: 1:30 PM to 2:30 PM EST

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