

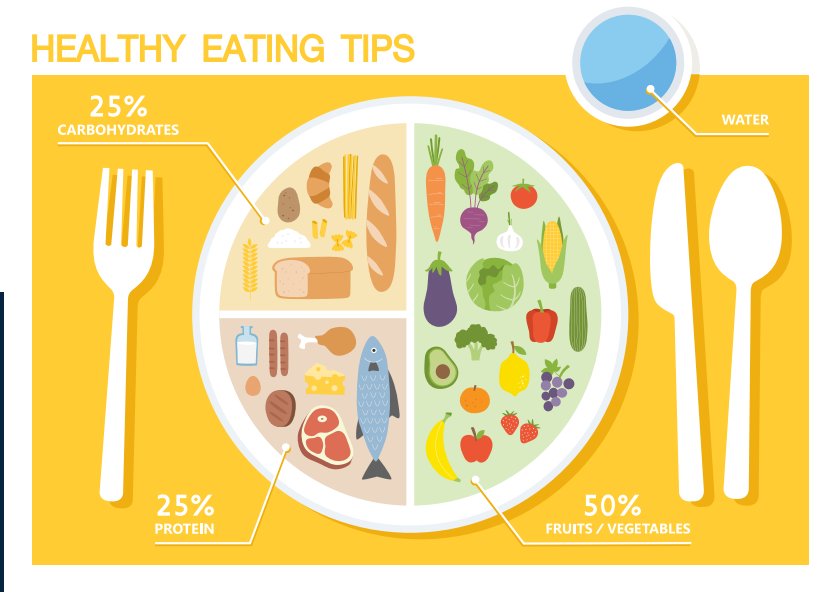
# MONTHLY WELL-BEING NEWSLETTER:

## HEALTHY EATING

People are not shocked to know that the nutrition we fuel our bodies with has a direct correlation to our overall health. However, many people find eating well to be one of the most difficult parts of living a healthy life.

**Tips for Healthy Eating:** *Harvard School of Public Health*

- + Choose good carbs by eating whole grains
- + Get enough protein from things like fish, poultry, nuts and beans
- + Limit saturated fats and avoid trans fats
- + Eat a fiber filled diet, rich in whole grains, fruits and vegetables
- + Eat more fruits and vegetables with a variety of colors
- + Drink water and avoid sugary drinks
- + Eat fewer processed foods and reduce salt
- + Limit alcohol



There are many reasons people choose less healthy options including:

**Convenience**

- + Processed and unhealthy foods can be easy to grab on the go.
- + **Solution:** Keep healthy snacks in the house and meal prep each week to avoid eating out, which is expensive and often less nutritious.

**Stress**

- + When stressed, the body releases cortisol. Repeated stressors can lead to increased food consumption and most people who stress-eat are doing so with “comfort foods”, which are traditionally high in sugars and fat.
- + **Solution:** Listen to your body and mind. When you are feeling stressed, find a healthier outlet such as exercise or meditation.

**Taste**

- + Fatty and sugary foods taste great, that is why we crave them.
- + **Solution:** Find healthier alternatives of your favorite foods and spend time looking up *healthy recipes* that you will actually enjoy.

**Cost**

- + Some healthier options can cost more, but investing in your health will pay back big dividends. While fruits and vegetables may be higher priced, not investing in them could lead to even more costly medications!
- + **Solution:** Research ways to *eat healthy on a budget*.