



## 30 HEALTH BITES

### Nutrition, Health and Wellness Tips

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## Wellness Tips & Tricks

1. Being idle can lead to some extra snacking that you wouldn't normally do. Don't grab the whole bag, box or carton of your snack. Portion out just enough into a separate container to help keep your intake balanced.
2. When relaxing at home, it can be easy to fall into a groove and forget to eat, stretch, and take breaks. Set alarm to get up and stretch not only to avoid sitting all day, but also to give your eyes a rest.
3. The benefits of reducing red meat and increasing vegetables are many. This doesn't mean that carnivores need to "become" vegetarians. Choosing plant-forward meals can be a healthy part of anyone's diet.
4. Learn something new like a craft, game, or skill. This can contribute to our brain health, intellectual wellness, and can be social by joining groups or using video chats.
5. If there is a vegetable you aren't fond of, give it another chance by having it roasted instead. Roasting locks in and enhances the natural flavors compared to steaming and boiling.
6. Whether eating in or dining out preplanning can help you save time, It can help you avoid searching through the fridge for snacks and unhealthy choices.
7. Staying hydrated is essential to our immune function. How much you need varies depending on your size and medical conditions. On average, a healthy adult needs about 2 L per day or ~64oz. Pour yourself a pitcher of water at the beginning of the day to see how your intake is progressing throughout the day. Mix it up with herbal teas- hot or cold and add variety by infusing the water with herbs or fruits.

8. Citrus is not only a great source of vitamin C, but the scent can also be uplifting and reviving. After enjoying an orange, don't throw away the peel. Instead put it in a pot with some water and simmer on the stove to fill your home with an orangey aroma.
9. It can sometimes be difficult to have time to yourself. Schedule time for yourself, even if it is only 15 minutes to meditate or read a chapter in a book.
10. Express your gratitude. Sharing and feeling gratitude helps people feel more positive, deal with adversity, and build strong relationships. You can write a letter, email, text, or give a call to someone to let them know you're grateful for them or you can simply start a gratitude journal and write down the things in your life you feel gratitude for.
11. Make a meal plan for the week. Not only does having a plan help you stay on target with health goals, but it also can bring organization to your schedule. By knowing ahead of time what you're going do for meals, you generate less waste, avoid the what's-for-dinner argument, and can streamline your day.
12. Stimulate your brain. Doing certain brain exercises to help boost your memory, concentration, and focus can make daily tasks quicker and easier to do and keep your brain sharp.
13. Rest and recover. Keep to a nighttime routine and turn off electronics leading up to this time to ensure adequate sleep which can support immunity.
14. Delegate household needs. Ensure that everyone pitches in with dinner, dishes, laundry, and other chores.
15. Try to get some fresh air each day. Fresh air and being outdoors can calm and refresh you. You can also get some vitamin D while enjoying outdoors.
16. Spice it up! Use plenty of herbs and spices in your foods and drinks. They add flavor and aroma, reducing the need for added salt. Many herbs and spices have been shown to benefit one's health. Herbs and spices often have added health benefits, including anti-inflammatory or anti-bacterial properties. They may help decrease blood sugar, can aid in weight management, and are overall high in antioxidants. Experiment with cinnamon, cumin, turmeric, ginger, and rosemary to enhance your health.



17. Fill up on fiber! Among the reasons to eat more fiber are for good intestinal health, good blood sugar control, weight control, healthy cholesterol, and to feel full after meals. Fiber is present in all plant-based foods, including fruits, vegetables, legumes (nuts and beans), and of course grains. You won't naturally find fiber in the juices made from fruits and vegetables, in dairy foods, meat products, or in fats like oil or butter. Eating a variety of high fiber foods not only ensures that you get more nutrients, but also makes your meals and snacks more exciting.
18. Don't forget to laugh. It can be difficult to find humor at a time with so much going on, but laughing can relieve stress, increase oxygen intake, and soothe tension. Laughter also has potential long-term benefits of improving your immunity, relieving pain, and improving your mood.
19. NINE = Approximate number of pounds per year that you can pack on just by overindulging on the weekends. Don't be part of this statistic!
20. Try to be mindful and have a plan for your meals and snacks to curtail mindless eating. Eating an extra 200 calories each day can add up to 20 pounds gained by the end of one year!!! An average adult woman would need to walk an extra 45 minutes at a swift pace to burn that off.
21. SNACK ATTACK!!! Smarter snacking strategies can make it easier to maintain your weight. Eating a healthy meal or snack every 3 to 4 hours can make you feel more satisfied and help increase metabolism. Keep your pantry stocked with the right stuff!
22. Veg it up! Try stuffing your sandwiches with lots of veggies to increase the fiber and nutrient content of your meal. Try dark green leafy veggies like spinach or arugula, juicy red tomatoes, bell pepper strips, sprouts, shredded cabbage, or try fruits like sliced apples, diced mango or mandarin orange slices. Experiment with low-cal spreads like chutney or flavored mustards to spice up your sandwich without adding many calories.



23. Drink for your health! Our body is 60% water -- and not drinking enough can wreak havoc from head to toe. Up to half of all Americans suffer chronic mild dehydration that can cause fatigue, headache, loss of appetite, dry eyes and mouth. As we age, thirst becomes a less sensitive indicator of dehydration, so don't wait until you're thirsty to grab a glass. If you work out, drink more during intense physical activity, when dehydration is a real threat -- your body rapidly loses water through sweat and vapor in exhaled air. A rapid water loss of 5% of body weight can reduce muscular work by 20 - 30%.
24. Make a small change today that you can stick with for the long haul. "Insanity: Doing the same thing every day and expecting different results."

The Physical Activity Guidelines for Americans recommend at least 150 minutes a week of moderate physical activity like brisk walking. Get a pedometer and set a goal to walk 10,000 steps per day.

- Eat more fruits and vegetables daily. CDC reports that only 1 in 10 Americans consume the minimum recommendation of 5 servings of fruits and vegetables per day.
  - Up your water intake. You should drink half your body weight in ounces each day. For example: a 150-pound person divide in half = 75 ounces
  - DO eat at least 3 meals a day -- skipping meals can slow down your metabolism. Aim to eat every 4-6 hours while awake.
  - Get enough sleep. Shutting down our body for rest is important for a healthy body and mind. On your next vacation -- let your body get its natural amount of sleep each night to give you a baseline of what you should try to fit in EVERY night.
25. Breakfast is key! Skipping breakfast can contribute to a mental fog and increased hunger later in the day. To keep your mind sharp, start your day with breakfast each morning and keep a healthy snack, such as low-fat plain yogurt, almonds, string cheese or fruit on hand for whenever your stomach starts to rumble.



26. Start Roughing It – it is recommended that we consume up to 35 grams of fiber per day
- Eat whole fruits and vegetables instead of drinking juices.
  - Replace white rice, bread, and pasta with brown rice and whole-grain products.
  - Choose whole grain cereals for breakfast.
  - Add legumes like chickpeas or kidney beans to your salad.
  - Substitute legumes for part of the meat serving in chili and soups.
  - Snack on fresh cut vegetables like sliced peppers and baby carrots with hummus.
  - Mix 1 Tbsp of almonds and 2 Tbsp whole grain cereal to your yogurt to kick up the fiber.
27. Just smile. Not only does smiling look good on you but it can make you feel good too! Research has shown that smiling has a strong positive connection on our general health and wellbeing. Smiling can lift one's own spirits as well as those around them, it reduces symptoms of anxiety and people who smile more often have a more positive effect on their environment and are better received by others.
28. Stress Management Tips
- Take time for yourself each day. You are a priority.
  - Be realistic with your time. Get comfortable saying “no,” to things especially if it takes time away from your personal goals.
  - Reflect, meditate, pray, do yoga or deep breathing, etc. to foster mindfulness.
  - State positive affirmations throughout the day. For example, rather than a negative statement like, “I am not good at this exercise class”, work hard to affirm the positive like, “I am proud of myself for trying a challenging exercise class.”
  - Be mindful that you are responsible for your actions but avoid using negative connotations, like “bad” or “terrible” to describe yourself.
  - Visualize your exercise as stress relief.
  - Get adequate sleep.
  - Connect with others: person-to-person, phone calls, letters or emails
  - Take breaks in your day. Take mental health days off from work. Take vacations!
  - Do something just for the fun of it. ☺



## 29. Food mindfulness tips

- Take time out of your day to eat meals, preferably in a pleasant environment. Savor the experience. Eat slowly, peacefully, mindfully. Avoid eating on the run.
- Portion your food onto a plate or into a bowl. Avoid eating out of food packages. For example, portion cashews into a small dish vs. eating straight out of the container.
- Take 20 minutes or more to eat your meals. Enjoy the experience. Reflect on the purpose and benefit of eating healthy foods.
- Develop a food-related positive affirmation and say it daily, for example: "I take care of myself by eating healthy foods."
- Make mealtimes special whenever possible. Drink water out of a wine glass and serve yourself on a special plate.
- Avoid stressful conversations at the dinner table. Make eating its own activity.

## 30. Energize your brain. Try one of these evidence-based activities that have brain boosting benefits.

- Try a jigsaw puzzle.
- Build your vocabulary.
- Dance!
- Use all your senses.
- Learn a new skill like knitting or gardening.
- Teach someone else a new skill.
- Listen or play music.
- Walk a new route.
- Meditate.
- Learn a new language.
- Take up tai chi.
- Play cards.

