



Healthy
Eating

What does healthy eating look like?

The basics of healthy eating

Healthy eating doesn't have to be complicated or difficult.

When thinking about healthy eating, your mind automatically thinks about eating the correct amount of calories, but the truth is, it is possible to nourish your body and still enjoy the food you love to eat without always tracking the numbers.

The ultimate goal, when it comes to healthy eating, is to include nutrient dense food in your meals. Think about what nutrients are in the food you eat. Why? Because nutrients are what your body needs to survive and to achieve optimal health. Without nutrients, your body wouldn't be able to repair itself and build healthy cells and tissue. Your body needs nourishment! Nutrients are essential for the maintenance of life and growth.

Macro & Micronutrients

Nutrients can be divided into macro-and micronutrients.

Macronutrients are the carbohydrates, proteins and fats your body needs in larger amounts to function optimally. It is important to eat a variety of food and include enough of all three macronutrients. Each macronutrient has specific functions in your body, like muscle building, energy production and giving structure to cells.

Micronutrients includes vitamins and minerals. Each micronutrient also has specific functions that the body needs to maintain health. Vitamins are important for blood clotting, immune function and energy production. Whilst minerals maintain the body's fluid balance and bone health.

It is vital to provide your body with every nutrient it needs to survive.

Portion control

The basics of portion control is to choose a healthy amount of each macronutrient.

If you want to lose weight or just be healthy, eating the correct amount of food is just as important as eating nutritious food. Portion control means that you keep track of how much food you put on your plate so that you don't overeat. Some benefits of portion control include better digestion, balanced blood sugar, improved satiety and promotes weight loss.

Some tips to improve portion control:

- ✓ Use smaller plates and bowls
- ✓ Don't eat straight from the container or packet
- ✓ Be aware of serving size
- ✓ Use a Hand-Size Portion Guide



Diet vs Lifestyle Change

Remember, it is not a short term diet, it is a long term lifestyle change!

But what exactly is the difference?

A diet is usually only for a short period of time to reach a certain goal where you change your eating patterns temporarily, whilst a lifestyle change consists of adopting overall healthy eating habits to promote long-term success!

Research shows that most diets, leads to lower blood pressure and weight loss, but these effects disappear when you return to your original eating habits. Dieting is a quick way to get results, but maintaining the results are easier when you adopt to a lifestyle change rather than a quick diet. To successfully maintain weight loss, it is found that lifestyle changes and consistent eating patterns is much more effective!

A lifestyle of healthy eating contains numerous benefits, such as reducing the risk of heart disease, strokes, obesity and type 2 diabetes. Adopting this lifestyle teaches you to listen what your body is telling you.

Maintaining healthy eating patterns and a healthy lifestyle will lead to a happier, healthier life that benefits your body as well as your mind.

Eat well, Feel Good!

