

LifeMatters®

A Newsletter from Your EAP and WorkLife Service

Changing How You Eat — For the Better!

We all hear about the importance of eating healthy. The trick is to get past talking about it to actually doing it.

Improving your eating habits will benefit you in the short term by helping you to lose weight and feel better. In the long term, healthy eating can decrease your risk for health issues like heart disease, diabetes, high blood pressure, and certain types of cancer.

When looking for ways to change how you eat for the better, try these tips:

- Make plant foods (fruits, vegetables, and whole grains) the base of your diet. These foods will fill you up and promote digestion. They also contain fiber, vitamins, and other valuable nutrients that may help prevent disease.
- Eat balanced meals. You need more than 50 different nutri-

ents and no single food group has them all. Try a variety of different items to make sure your body is getting all it needs.

- Choose baked, grilled, or broiled foods and skip the fried ones. Minimize your consumption of processed or fast foods.
- Skip dessert — eat your favorite fruit for a sweet treat at the end of the meal or have it as a snack.
- Drink lots of water to stay full and maintain your energy. Water is also a better choice than soft drinks or sweetened beverages.
- Stay on a regular meal schedule. Do not skip meals or go more than five daytime hours without food. Eating regular, balanced meals will help maintain your energy and

prevent overeating or bingeing on unhealthy foods.

- Create a meal plan for the day (or week). If you live alone, figure out how many meals you can get out of the recipes you make or look for single portion recipes.
- Don't feel guilty about an occasional treat. Consider making one day a week your "cheat" day. On that day, you can eat one of the foods you've been craving.

It's important to remember that eating isn't just for sustenance — it's also one of life's great pleasures. If you switch to a diet you dislike, you will be more likely to fall back into unhealthy habits. Instead of making a wholesale change to your diet, try to gradually work items that you like and which are good for you into your meal planning. Changing the way you eat one food at a time is a good way to make sure the changes you make stick for the long haul.



Source: Life Advantages

LifeMatters® by Empathia is available 24 hours a day, every day of the year.

To speak with a professional counselor, call 1-800-367-7474.

Visit **LifeMatters** on the Internet at mylifematters.com.

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