



Implementing Good Nutrition

It is important to remind ourselves of how our nutrition relates to our overall health; but more importantly, how to implement healthy habits into our day to live a long, healthy life. Here are 10 suggested tips:

1. Eat Breakfast

Your body's first meal of the day needs to be a powerful and healthy kickstart with lean protein, whole grains, and a combination of fruits and vegetables.

2. Keep Out Tempting Foods

This is easier said than done but if you only buy or bring home what you know is healthy to eat, that is what you will eat -- otherwise it is too tempting to stray.

3. Know the Combination - 50/25/25

Make half your plate with fruits and vegetables to add color, fiber, vitamins, minerals, and flavor. The other half should be 25% lean protein and 25% grains. You can even add a serving of fat-free or low-fat dairy to complete the meal.

4. There's a Difference Between a Snack and a Treat

A snack is meant to sustain hunger and energy from one meal to the next, whereas a treat should be viewed as more of a reward. Some healthy snacks include: A handful of nuts and low-fat string cheese, a hard boiled egg and fruit, peanut butter (or nut butter) and an apple, raw veggies and cottage cheese or hummus.

5. Watch Portion Sizes

Get out those measuring cups and see how close your portion sizes are to the recommended serving sizes listed on the Nutrition Facts label of the foods you are eating.

6. Give Seafood a Try

Seafood is a great source of healthy Omega-3 fatty acids and has huge impacts on cardiovascular health, according to the American Heart Association. Eating just one serving of healthy fish every week will aid in better cardiovascular health than eating none at all.

7. Drink Water and then Drink Some More Hydration plays a massive role in the health of our body and skin. Don't know how much water to drink? Try the 8x8 rule (8 glasses x 8 ounces of water a day = a minimum of 64 oz./day). Avoid sugary beverages - they can do more harm than good.

8. Get Physically Active

Getting enough physical activity has numerous health benefits. If you're not one to exercise, start with 10 minutes each day. Eventually, you can build up your stamina. The American Heart Association recommends 2 hours and 30 minutes each week. Maybe try going for a walk after dinner or whatever exercises you can start doing. Try something new today!

9. Practice Mindful Eating

Listening to your body when you are hungry is super important. It's also important to stop eating when your body is full. Maybe you're guilty of sometimes eating when you're bored, sad, or stressed – but these are unhealthy eating patterns and can lead to serious health issues, as well as an unhealthy relationship with food. Practice mindful eating by sitting down to eat your food instead of eating in a rush. Turn off the TV, put down the phone and electronics, and just focus on the food that is in front of you.

10. Consult with a Registered Dietitian

The food and beverages you consume every day and over your lifetime matters! In fact, about half of all American adults have one or more chronic diseases related to having a poor diet. Creating healthy eating patterns is key to maintaining optimal health and lowering your risk of disease, but don't overwhelm yourself with too many goals at once. Start by taking just one small step every day. Seek the help and guidance you need and learn how to better manage your health.

Source: Edited. For the full article from Aylo Health, [click here](#).