



Healthy Food Choices Contribute to a Fuller Life

You know the saying, “you are what you eat.” Well, what does your grocery bag look like? Or what is on your plate? What are your go to foods and how are they nourishing your body?

According to [Aylo Health](#), food is a means to nourish your body, so what you pick to eat every day is very important. Balancing your favorite foods with foods that may be better for you can be tricky; however, to ensure that you are making decisions that can help decrease the risk of disease, and benefit you in the long run here are some tips:

- Starting your day with a healthy breakfast is incredibly important especially a “powerful and healthy kickstart” breakfast. Forgo the sugary cereal or treat, and have breakfast that includes protein, grains, fruits, and vegetables, such as eggs, yogurt, granola, and turkey bacon to name a few.
- Remove tempting foods: If you tend to overindulge in less healthy foods, make sure you keep them out of the house to avoid eating them. While there is nothing wrong with having a treat occasionally, the key to good health is to eat those foods in moderation. Additionally, Aylo notes that there is a difference between a snack and a treat: make sure the snacks you have throughout the day are an apple with peanut butter or hard-boiled eggs and fruit. This will help you stay full and nourished for longer.

- **Drink more water:** Hydrating yourself is key to living a healthy lifestyle. According to Aylo, drinks with added sugars do not have much nutritional value. Water is essential to make you feel better, keeping you hydrated, and additionally, keeping your skin clear.
- **Eat mindfully:** Listening to your hunger cues is important. Make sure you are only eating when you are hungry, and that you stop eating when you are full. Aylo notes that eating when you are stressed, bored, or sad can feel normal, but indulging in these habits creates unhealthy eating patterns. They suggest eating without distraction, such as no TV or phone during meals, and focusing solely on the food in front of you.
- **Monitor your portions:** Aylo suggests making sure at least half of your plate consists of fruit and vegetables. These are natural sources of essential vitamins, minerals, and fiber. For the other food groups, Aylo notes that measurements are key. They suggest a quarter of the plate should go to protein, while another quarter should go to grains. Combining that with a half plate of vegetables gives you a full plate of nutritious options.

Packing lunch for work helps reduce daily spending and can reduce the temptation to go to the vending machine. According to [Orlando Health](#), there are some helpful ways to make sure your lunch prioritizes nutrition, such as stocking up on the foods that are good for you, such as low fat milk, hummus, vegetables, and whole grains, and making a menu of meals that are packed with nutrition. For example, if you know you will be traveling, make sure you buy healthy snacks that travel easily and will nourish you throughout the day.

There are many changes you can make to lead a more nutrition-focused life. Aylo also recommends speaking with a registered dietitian if you are struggling with managing your health. They also suggest more physical activity. When it comes to health and nutrition, doing what you can to make healthier choices will only help you live a fuller, happier life.