

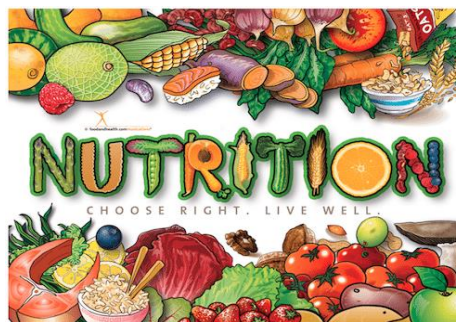
SETA
Wellness & Safety Awareness
Monthly Blast

What is Nutrition?

Nutrition is the process of providing or obtaining the food necessary for health and growth.

Nutrition is about eating a healthy and balanced diet.

Food and drink provide the energy and nutrients you need to be healthy.



What is a healthy diet?

The cornerstone of a healthy diet pattern should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.



Tips to successfully eat a healthy diet

- **Prepare more of your own meals:** Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food.
- **Make the right changes:** When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives.
- **Read the labels:** It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even in food claiming to be healthy.
- **Focus on how you feel after eating:** This will help foster healthy new habits and tastes. The healthier the food you eat, the better you'll feel after a meal.
- **Drink plenty of water:** Water helps flush our systems of waste products and toxins, yet many of us go through life dehydrated, causing tiredness, low energy, and headaches.
- **Try not to think of certain foods as "off-limits":** When you ban certain foods, it's natural to want those foods more. Start by reducing portion sizes of unhealthy foods and not eating them as often.
- **Think smaller portions:** Serving sizes have ballooned recently. When dining out, choose a starter instead of an entrée, split a dish, and don't order super-sized anything.

Know your food groups:

Grains: Rye, oats, cornmeal, barley

Fruits: Apples, bananas, oranges, grapes

Dairy: Milk and yogurt, they have less fat than cheese

Vegetables: The darker green the better! Kale, spinach, broccoli

Protein: Choose lean or low-fat foods: sardines, salmon, chicken

Oils: Sunflower, coconut, groundnut, mustard, canola, olive

Solid Fats and Added Sugars

In addition to other updates, food labels include “Added Sugars” on the Nutrition Facts label to inform consumers of their sugar intake. Look for these key words on labels:

- Brown sugar
- Corn sweetener
- Corn syrup
- Dextrose
- Fructose
- Fruit juice concentrate
- Glucose
- High fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltose
- Malt syrup
- Molasses
- Raw sugar
- Sucrose
- Sugar
- Maple syrup



11 tips for eating healthy during the Holiday Season

1. Bring on the Vegetables
2. Eat those vegetables...first
3. Definitely savor each bite
4. Ask yourself “Am I still enjoying this?”
5. Do not skip meals
6. Eat what you love
7. Try alternating between water and alcohol
8. Resist the urge to fall into a food coma
9. Make physical activity a **THING** of the day
10. Enjoy dessert, and be mindful while eating it
11. Lose the guilt, everything in moderation is OK



Resources:

USDA Center for Nutrition Policy and Promotion

www.cnpp.usda.gov

USDA Food and Nutrition Information Center

www.nal.usda.gov/fnic

www.healthguid.org