

Nutritional Tips

Tips to keep your body strong with intentional eating and healthy habits. It's important to know what your body needs to thrive and how to maintain balance in your diet.

Plan Your Meals

Scrambling to put together meals on the fly is the enemy of intentional eating.

Planning ahead also helps to not over purchase! You stay purposeful and in budget.

Choose foods that provide the best nutritional value for you. Keeping quality over quantity in mind.



Tend To Your Health

It's important to keep your physical health strong. Regular physical activity helps to maintain independence and improve your cardiovascular health. Eating the right foods also helps to reduce stress and improve mental health.

Stay Hydrated

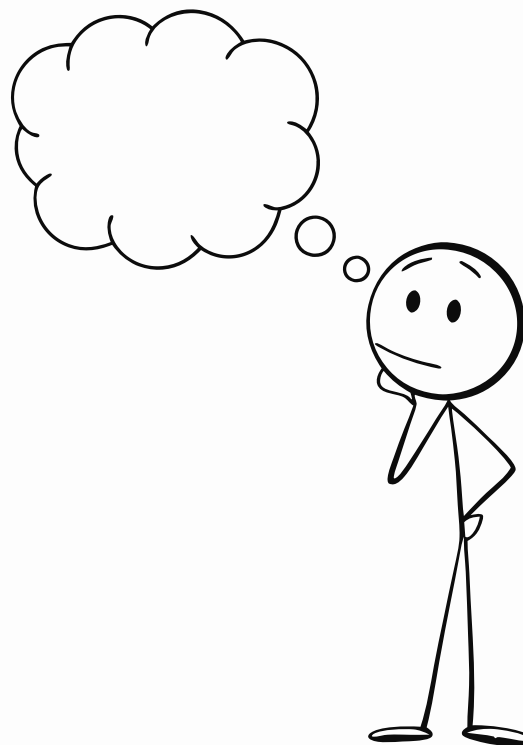
Hydration helps to maintain bodily functions. Drinking water can help with your digestion, nutrient absorption, temperature regulation, and joint lubrication.

Simple Habits for a Healthier Lifestyle

Drinking water is one of few habits that can greatly improve your lifestyle. Consistency is key when trying to build a healthier you. Choosing one focus area and keeping track of your progress will strengthen your confidence as you go.

Meal Plan

Having a balanced plate is great for having a healthy diet. The plate method is a way to help keep track of your food intake. Having a quality protein source in one quarter, a fiber rich carbohydrate in another quarter, and half of your plate with colorful fruits or veggies. Quality foods will keep you energized, satisfied, and in control.



Staying Hydrated

The general rule for water intake is drinking half of your body weight. If you're participating in activities, you'd need to drink more water. Even taking sips of water regularly throughout the day is greatly effective and impactful.

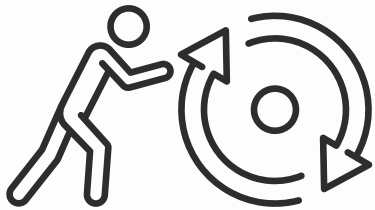
Reflection

Track your small wins and celebrate having consistency over perfection. A weekly reflection on how you feel practicing your habits, helps recognize progress and keeps you motivated. Encouraging you to turn these simple habits into long term ones.

Consistency Beats Perfection

Healthy eating does not require rigid rules or constant willpower. It requires patience, flexibility, and a willingness to keep showing up even when things are not perfect. By focusing on consistency, building habits gradually, resetting after slips, and celebrating progress along the way, lasting change becomes possible.

Small Habits



Small changes, when practiced consistently, create meaningful results. Examples could be increasing daily hydration, building more balanced meals, gradually reducing added sugar, or planning just one or two meals ahead for the week. These habits are easier to maintain and less likely to trigger burnout.



Reset Expectations

Instead of abandoning your goals when life feels busy or unpredictable, adjust expectations. This might mean simplifying meals, relying more on convenience options, or focusing on just one habit at a time. Flexibility allows healthy eating to remain supportive rather than overwhelming.

Celebrate Wins

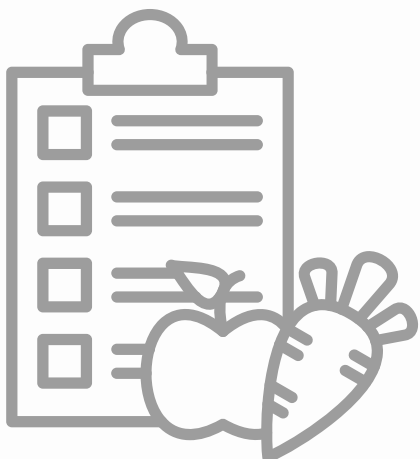
Wins may include having more stable energy throughout the day, feeling more confident preparing meals, experiencing fewer intense cravings, or recovering more quickly after less supportive food choices.

The Power of Nutrition on Any Budget

Whether you are cooking for yourself, or for your family there are ways to build meals that are satisfying, affordable, and supportive of long-term health. Nourishing your body does not require expensive foods, trendy products, or perfection. It starts with practical skills, smart planning, and knowing where to find support within your community.

Staying Nourished With Resources You Have

The key is to save and revisit recipes that feel doable rather than overwhelming. Building a small rotation of meals you enjoy is more sustainable than constantly trying something new. Even small shifts in how meals are planned or prepared can lead to meaningful changes over time.



Building Skills That Support Long-Term Health

Small habits such as preparing one freezer meal each week, planning groceries before shopping, or learning one new recipe per month can have a lasting impact. Nutrition is not about doing everything perfectly. It is about creating systems that work for your real life.

Preparing Energy Boosting Lunches

Consistently including a variety of whole foods, supports your body's natural energy systems. A balanced meal will provide you with a steady stream of energy to support you throughout the day. The key is to find a few energizing meals that you enjoy to repeat and rotate.

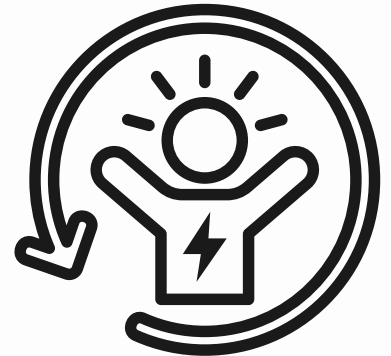
Eating Strategically

Build Your Own Bowl:

Quinoa or brown rice, grilled chicken, baked tofu or roasted chickpeas with roasted vegetables or avocado and olive oil.

Wraps:

Whole grain wrap, protein, plenty of vegetables with a spread of hummus or avocado and a side dish of fruit.



Balanced Energy Plate

Protein + Fiber Rich Carbohydrates + Micronutrients + Healthy Fats = A Steady Stream of Energy. Combining these foods helps slow your digestion which helps glucose enter your bloodstream gradually and gives you a smoother transition of energy instead of a rise and fall. It's also important to stay hydrated. A balanced meal cannot compensate for dehydration. Not drinking water will reduce your energy and make you feel drowsy.

How Nutrition Affects Mental Health & Brain Function

What you eat does not only impact your physical health. It also directly influences your mood, energy and even your long-term brain function. By focusing on balanced eating and incorporating brain- supportive foods, you're not just supporting how you feel today, but how your brain functions in the years to come.



The Food & Mood Connection

Omega-3 fatty acids like, salmon, walnuts or flaxseeds can help reduce inflammation and support brain cell structure. B-vitamins, magnesium and antioxidants like, leafy greens, legumes and whole grains also support brain function.

Chronic inflammation and oxidative stress are 2 key drivers of cognitive decline. Diets rich in whole foods, healthy fats and antioxidants help to reduce them.

Nutritional Psychiatry

Nutritional psychiatry explores how the food you eat influences your mental health, mood and brain function. The brain requires a steady supply of vitamins, minerals, fats and amino acids to function and do it's job well. The proper nutrition helps regulate your mood, motivation and focus.

When blood sugar levels are consistently elevated, it can affect how the brain cells use energy causing a cognitive decline. Regulating blood sugar levels helps support your brain long-term.

Maintaining Energy for Long Summer Days

Hot weather naturally changes how your body responds to food. Your body works to regulate temperature and maintain balance.

Longer days means more activity and less structure, making it harder to stay consistent with meals. Hydration also plays a big role in how you feel. Keeping up with simple habits will help maintain your energy throughout the day.

A Balanced Plate

Skipping meals will show noticeable dips in energy. Going too long without eating will make blood sugar levels drop causing irritability and fatigue. Having a balanced meal of protein, fiber-rich carbs, whole grains, fruits, veggies and healthy fats will maintain a steady and long-lasting energy.



Hydration



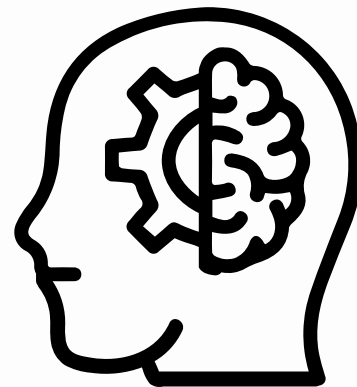
Hydration is often overlooked when it comes to nutrition. Not having enough water leaves you feeling tired and makes it difficult to concentrate. It is an important aspect that helps with your mental and physical well being. Water supports circulation, regulation, digestion and temperature. Fruits are also a great source of hydration.

Building Systems for Better Nutrition

Having a system is incredibly valuable to include into your lifestyle. Many often don't have the motivation for the nutrition goals they want to achieve. Having a routine or structure will support healthy choices no matter how motivated you feel. Simple and sustainable habits that you can build up overtime, makes it easier to maintain than multiple goals that don't align with your day-to-day life.

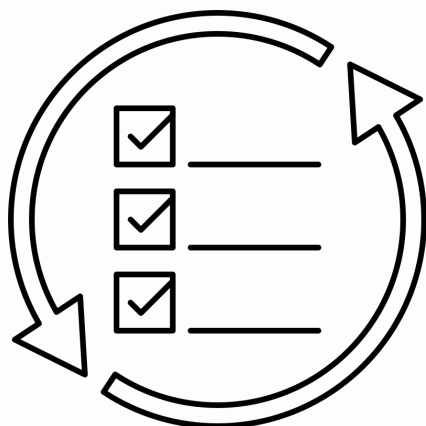
Realistic Structure

Systems remove barriers to help make healthy eating more automatic. Having one consistent habit has a greater impact than an ambitious plan. Building a sustainable habit that you can easily and realistically maintain helps support healthy choices.



Healthy Routine

The healthiest eating pattern is the one you can easily maintain. Meal prepping or rotating your favorite meals reduces unnecessary decisions, making it easier to follow through with healthy choices. Understanding common barriers and building systems to support your goals, helps nutrition become manageable.

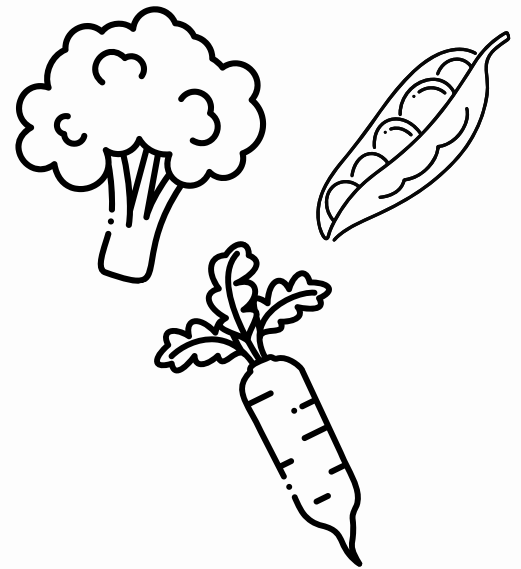


Why Vegetables Matter for Your Health

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Vegetables are packed with nutrients that support nearly every system in your body. They provide vitamins, minerals, fiber and plant compounds that contribute to your long-term health. A variety of vegetables consumed regularly will reduce risk of heart diseases, cancers, type 2 diabetes and other chronic conditions.

Consistent & Sustainable

Eating vegetables doesn't need to be perfect. Small increases make a meaningful difference overtime. Incorporating vegetables that naturally complement meals you enjoy, makes healthy choices easier and includes more nutrient-rich foods in your daily routine.



Beneficial Health

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Healthy eating doesn't require it being made from scratch. Working it into your lifestyle can make consumption more consistent. The biggest benefits of eating vegetables daily would be it's fiber content. It supports your digestive health, helps you feel full and stabilizes blood sugar levels after meals.