

Health Matters

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NUTRITION-FOCUSED FOOD

Your nutrition choices affect your health and how you feel.

You have spent the past few months focused on who you are by exploring your “why,” identity, and self-talk. With this foundation in place, shift your focus to what you do. What you eat, how often you exercise, and how well you sleep all play a role in your health and wellness. Let’s start with learning about nutritious food choices.

Food has a powerful impact on your health and how you feel. If you nourish your body well, you can have more energy and reduce your risk of developing chronic diseases. If you don’t eat well, you can run low on energy and increase your risk for health conditions. If you give food up altogether, you may survive anywhere from 8 days to two months. However, if you also go without water, you may only survive three days.

There are many foods to choose from and new foods hit the grocery store shelves all the time. You are not alone if you don’t always choose healthy foods.

According to the 2020 Food and Health Survey, Americans choose foods mainly for how they taste and what they cost. Only 60% of people choose foods for healthfulness.

Here are five guidelines from the updated Dietary Guidelines for Americans to help you choose foods that can support your health.

- Aim for healthy eating patterns as a general rule over your lifetime.
- Select nutritious foods and drinks that you enjoy, that honor your culture, and that fit into your budget.
- Enjoy foods from all food groups. If you exclude a food group, be sure to replace the nutrition found in that food group.
- Eat the right amount of food to fuel your body and mind.
- Choose less added sugars, saturated fats, sodium (salt), and alcohol.

Connect with a certified health coach to find new ways to choose foods that you enjoy and that keep you feeling satisfied, energized, and healthy.

References:

<https://foodinsight.org/wp-content/uploads/2020/06/IFIC-Food-and-Health-Survey-2020.pdf>
https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf



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