



## NATIONAL NUTRITION MONTH

# Effective Strategies for Healthy Eating and Navigating Nutritional Challenges

Many people turn to diets as a quick fix for their weight-loss or health journey, however, the restrictive nature of many of these diets can pose risks to both physical and mental health.

Instead, it's important to prioritize balance in eating habits to foster a healthier relationship with food and promote long-term well-being.

**Here are some strategies and tips to support you in developing healthy eating habits:**

**Food is necessary to live!** To develop a healthy relationship with food, it's important not to think of food as "good" or "bad". Some foods will help you reach your goals more effectively than others, but allowing yourself to enjoy what you like in moderation is also important.

**Change your mindset.** Instead of telling yourself you're on a diet, make incorporating healthy eating habits a lifestyle. Diets have an end date, healthy habits do not.

**Say "No" to processed foods.** It's been shown that the chemicals used to increase foods' shelf life are often highly inflammatory to the body, which can cause chronic disease and weight gain. Reducing your intake of these foods will improve your general sense of well-being.

**Say "Yes" to these food groups.** Focus your plate on including nutrient rich foods such as lean meats and proteins, fruits, and vegetables, and then adding a carb as the side.

**Make it easier for yourself.** Take the time to meal prep before the start of the week so you can grab-and-go, look into meal kits, and research recipes you can make a large batch of to save you time. Experiment with different flavor combinations with spices to make healthy eating enjoyable.

**Involve your family.** Introducing children to healthy eating habits early on sets them up for a healthy lifestyle. Preparing food together makes it fun!

**Dietary needs are individual.** Your nutritional needs also depend on your gender, race, genetics, metabolism, and hormone levels, so what may benefit you, might not benefit someone else.

**For more information on nutrition, visit [SouthernLifeStyle Rewards](#) through [mySource](#), or go to [socorewards.com](#).**

**If you need additional assistance around behavioral health or lifestyle changes, please contact New Directions.**



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