Fueling Your Body with Healthy Eating

Healthy eating is based on patterns and customization according to personal preferences, cultural traditions, and budgetary considerations. Focus on nutrient-dense foods and beverages from all food groups while keeping within calorie limits. Guidelines from the Dietary Guidelines for Americans emphasize limiting foods high in added sugar, saturated fat, sodium, and alcoholic beverages.

Nutrient Dense Foods:
1) Carbohydrates: Emphasize nutrient-dense carbohydrates containing fiber, such as whole grains and unprocessed foods.
2) Protein: Include unprocessed sources like beans, legumes, and animal products (beef, fish, chicken).
3) Fats: Opt for nutrient-dense fats, such as liquid oils and minimally processed oils.

Balance healthy eating with indulgences and advocate for the 80/20 rule: 80% healthy foods and 20% indulgences to maintain a balanced diet. Set realistic goals and practice portion control for occasional treats.

Focus on a mind-body connection, engage in mindful eating to appreciate the sensory experience of food, prevent overconsumption, and promote satisfaction. Practice mindfulness exercises to enhance awareness of food choices and eating habits.

It is important to stay hydrated for overall health, organ function, blood sugar regulation, and physical performance. The recommended water intake is 6 to 8 eight-ounce cups daily, adjusted based on activity level. Hydration contributes to clear skin, nails, hair, and overall bodily functions.

Meal planning and preparation is important for weight management and overall health. Some valuable tips are to plan three dinners per week, prepare in advance, and utilize leftovers for breakfasts and lunches.