

February is American Heart Month



Nutrition

Eating well will directly correlate with your overall health and energy levels. Below are 10 nutrition tips to implement that will help you take charge of your health and wellness.

Nutritional Tips

- Added sugar can be a disaster. Added sugar provides empty calories and is believed to be a leading cause of diseases.
- Omega-3 Fats are crucial, and most people don't get enough. To boost your overall health, increase your intake of these good sources of Omega-3's:

Salmon
Mussels
Avocado
Mackerel

Walnuts
Green, leafy vegetables
Sardines
Almonds

Quinoa
Tuna
Olive Oil
Chia

- Genetics, body type, physical activity and environment can affect which type of diet you should follow. Always check with your doctor for guidance and stick to a diet plan that works for your individual needs.
- Artificial trans fats are very unhealthy. They form in chemically processed oils and are linked to all sorts of chronic diseases. You should avoid them like the plague!
- Eating vegetables will improve your health! They are rich in all sorts of nutrients. Eating vegetables each day is associated with improved health and a lower risk of disease.
- Vitamin D is a crucial hormone in the body and many people are deficient in it. Reversing a deficiency can have powerful health benefits.
- Refined carbohydrates like processed grains are unhealthy. They are lacking in nutrients and eating them may lead to rapid spikes in blood sugar and insulin.
- Supplements can never fully replace food.
- Adopting a healthy lifestyle is the only way to ensure long-term weight loss and a lifetime of improved health.
- Unprocessed foods are the healthiest. *If it looks like it was made in a factory, don't eat it!*

How to Read a Label

1. Start Here

Serving Size: Compare this to the portion size you are eating.

2. Check Calories

4. Limit These Nutrients

5. Get Enough of These Nutrients

Nutrition Facts			
Per slice (35 g)			
Amount		% Daily Value	
Calories	85		
Fat	1 g	2%	
	Saturated 0.5 g	3%	
	+ Trans 0 g		
Cholesterol	0 mg	0%	
Sodium	150 mg	6%	
Carbohydrate	15 g	5%	
	Fibre 3 g	13%	
	Sugars 2 g		
Protein	3 g		
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	15%

3. %DV Guide

- 5% or less is LOW
- 20% or more is HIGH