

# Reanna's Nutrition 101

## Don't

1. Eat white breads, pasta etc. Non-whole grains break down rapidly and either burn off or store as fat.
2. Eat foods high in saturated fats or partially hydrogenated oils. These may lead to many forms of inflammation, heart disease, diabetes and obesity.
3. Eat the same old thing every day. You may miss out on beneficial nutrients not found in the same old food or get bored and wind up fulfilling cravings with unhealthy choices.
4. Resort to fast foods and those filled with preservatives just for a quick fix.
5. Skip breakfast, or any meal for that matter. Your metabolism decreases and your body lacks energy.
6. Stuff yourself or eat too quickly. Your body needs time to register that it is full. Don't form a habit of needing to be overly full to feel satisfied.
7. Drink soda or juice that is not made from 100% fruit juices. Don't consume more than 8 oz. of juice a day. The rest of your daily fruit intake should be from whole, raw fruit.
9. Be a couch potato or lump on a log. Don't use being tired as an excuse to be sedentary.
10. Wait until you feel thirsty to drink water. Letting yourself get dehydrated prohibits your body from functioning properly.

## Do

1. Choose *whole* grain breads, pasta, cereal, rice etc. There are far more nutrients in whole grains.
2. Eat healthy fats (EFAs, Essential Fatty Acids) especially those high in Omega 3s; found in fish, olive oil, nuts, seeds, avocados, flaxseed etc.
3. Vary your diet. Keep it exciting. Try new recipes and foods and get creative.
4. Plan ahead. Stay away from fast foods and those full of fats and preservatives Allow time to prepare meals. Make sure to have something with you if you know you will be out during a meal or snack time to avoid eating a quick and probably unhealthy choice.
5. Start the day with a healthy breakfast, even if it is small. Eating smaller meals frequently increases metabolism.
6. Pay attention to portion size. You should be able to have 3 meals and 2-3 snacks during a day while not exceeding your recommended caloric intake. Serve yourself the proper portions and put the rest away so that you do not go back for more unnecessarily.
7. Eat according to the food pyramid.
9. Be active! Find physical activity that you enjoy and do it often, you'll actually have more energy.
10. Stay hydrated. Each day you should drink half your body weight in ounces of water between meals. Consuming more than 4 oz. of liquid while eating dilutes hydrochloric acid which is necessary for digesting and assimilating proteins and minerals.

## Five Simple Steps to Better Health\*

To improve children's nutrition	and	To improve children's physically active play
1. Serve children the recommended amount of nutritious dairy products	and	Set aside at least 60 minutes a day for physically active play
2. Offer more fruits and vegetables	and	Establish safe places for children to play actively both indoors and outdoors
3. Serve breakfast	and	Spend more time outdoors everyday
4. Serve whole foods rather than processed foods	and	Provide toys and equipment to encourage physically active play
5. Serve a variety of foods and be an active role model-eat well, set clear snack and meal times	and	Play actively with children

\*Taken from Health in Action by Joanne M.Sorte and Inge Daeschel