



Nutrition Nibbles

Bite Into a Healthy Lifestyle

It's National Nutrition Month® and this year's theme is a great one. How do we *bite into a healthy lifestyle*? And why should we? I think the *how* becomes easier when we understand the *why*. Taking care of our bodies and choosing to make informed food choices and regular exercise a priority prevents disease, aids with weight management, and promotes well-being. In short, we'll feel better and have more energy, thus allowing us to soak up every bit of life we can. Who doesn't want that?

There are so many ways to bite into a healthy lifestyle but I will share with you my favorite 5.

- 1. Breakfast is the most important meal of the day!** My energy is sustained throughout the day and I'm in charge of my appetite and cravings when I eat something solid and healthy within an hour of waking. My preferred cold-weather breakfast is old-fashioned oats topped with fruit and a drizzle of all-natural peanut butter.
- 2. Cook once, eat twice.** I get tired of sandwiches for lunch...bor-ing! I now cook a little extra at dinner and immediately pack some away for lunch the next day. This has helped me banish the brown bag blues and has made it so much easier to follow a healthy diet.
- 3. Be prepared in case hunger strikes.** My days have a bit of unpredictability built into them. Rather than be caught ravenous, I always pack a variety of healthy snacks with me. Smart snacks can really sustain your energy levels and brain power in between meals. I bring some fresh food with me, as well as some shelf-stable nibbles. I focus on the fresh food first (fruit, veggies, string cheese) and if I don't get to the heartier items like trail mix or whole grain granola bars, they won't rot in my purse.
- 4. Do something active every day.** Each and every day I strive to move my body. Some days it's a 30-minute bike ride, sometimes it's just a walk around the block or a game of frisbee with the kids. Physical activity, even short bursts, increases alertness and productivity for the rest of the day, so give it a try!
- 5. Stay hydrated.** Aim to drink half of your body weight in fluid ounces. Weigh 140 pounds? Try drinking 70 ounces of fluids, preferably water (never fear: coffee and tea count too!) A well-hydrated body works at its optimum!

How will you bite into a healthy lifestyle in 2015?

**Questions or Comments? Email me at
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