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Crossroads Health & Wellness

# Thoughts on Healthy Eating

## **There is a ton of diet advice out there**

It can be frustrating to hear vastly opposing views on “good” or “bad” foods and the “best” nutrition advice to follow. Recommendations may change as more research is done, but accept that what works for one person may not be ideal for another.



## **What are your goals?**

Assess where you are: what health conditions do you have that impact the type of foods you should eat or avoid? Do you want to lose weight, gain muscle, or simply eat the best you can to maximize your overall health? What are your biggest constraints to healthy eating?

## **Become an educated eater**

A healthy energy balance that helps meet your nutrition goals is key. While strict calorie counting isn't always necessary, learning the nutrient content of foods and typical serving sizes can be eye-opening. Try tracking your intake for a few days and identify behaviors that affect your food choices. Learn about food additives and how different foods are used by your body.



## Choose whole foods

Minimally processed fiber-rich fruits, vegetables and whole grains are better for you than their ultra-processed counterparts. Think whole fruit vs fruit roll-up or brown rice vs white.

Stick with packaged foods that contain ingredients you might find in your own kitchen. Ingredients like high fructose corn syrup are indicators of ultraprocessing and should be limited.

Include protein-rich foods at each meal instead of loading up at dinner, and limit processed meats. Cut back wherever possible on the added sugar and refined carbohydrate in your diet.



## Stay hydrated

Thirst can sometimes be mistaken for hunger. Keep yourself hydrated by drinking water throughout the day. Be aware of how other beverages might add to your overall caloric intake.

## Aim for variety

We have so much to learn about nutrition and how foods affect our health. Incorporating a wide variety of foods will help ensure we maximize the different nutrients we get from foods. For instance, instead of eating only iceberg lettuce, try a spring mix or spinach for your salads. Vary the type of fruits and vegetables you buy, and change up the whole grains you eat.