

Coping & Wellness: 5 Tips for Healthier Eating



The Mecca of Black Wellness



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Living in a fast pace world where we are busy caring for ourselves and others, can make it difficult to prioritize healthy eating. Instead of eating healthier options, many of us, on a busy day, tend to eat a quick meal, grab fast food, munch on unhealthy snacks, or alternatively, miss meals. Nutritionists suggest that healthy eating habits have many benefits for our mental health and well-being that includes increased energy and improved mood. Please review some tips for healthy eating below. Make it a goal to incorporate 1 to 2 new healthy eating strategies into your daily diet a week to start you on your healthy eating journey!!!

- 1. Prepare your meals in advance.** We are more likely to eat healthier meals and snacks when we prepare our daily meals in advance. When we are unprepared our chances of eating unhealthy meals, snacks, and fast food increase. If possible, meal prep on Sunday before your work week begins, and/or go grocery shopping in advance to make sure that you have all the necessary ingredients to prepare your meals.
- 2. Drink lots of water.** It is recommended that we drink 6-8 glasses of water a day. Water has a number of mental health benefits, including increased energy and brain functioning. If you find it difficult to drink water try adding fruit to your water. Lemon not only adds taste to your water but has many health benefits that include weight loss, clearer skin, and improved digestive health.
- 3. Eat moderate proportions.** Each food group has a daily recommended number of servings. However, we have a tendency to eat more than the recommended number, which can cause fatigue, bloating, and weight gain. When preparing your meals, reduce over eating by preparing only the recommended serving size.
- 4. Eat slower.** Many of us have grown accustomed to eating quickly and scarfing down a meal or snack while running out of the house. Eating slowly has many benefits, including weight loss, improved digestive health, and greater satisfaction with meals. If you experience difficulty eating slower, try eating at a table as opposed to eating while running to a meeting, drink water between bites, and put your utensils down between bites.
- 5. Eat more fruits and vegetables.** Many of us struggle with eating the daily recommended serving size of fruits and vegetables. Raw fruits and vegetables are found to reduce depression and improve psychological well-being. If you are experiencing difficulty eating fruits and vegetables daily, replace those chips and unhealthy snacks with fruits and veggies, add fruit to your morning breakfast (i.e., cereal, yogurt, oatmeal), drink smoothies with fruit and vegetables, and attempt to eat only fruits and vegetables once a week (e.g., Meatless Mondays).

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