



Resident Wellness Newsletter

Life Hacks for Healthier Meal Choices

- Keep it simple. Instead of following some fad diet with lots of rules, keep your healthy eating routine simple. Eat real food that's mostly plants with lots of color and variety. Balance every meal with high-quality proteins like lean meat, fish, tofu or beans and complex carbs like brown rice, potatoes, quinoa, and healthy fats like avocado, nuts, seeds and olive oil. Make half of your plate fruits and vegetables to meet your daily fiber needs while keeping calories in check.
- Don't bring junk into the house. If you're easily swayed to snack on chips, cookies and ice cream, keep them out of the house. This simple trick makes healthy eating easy. Out of sight, out of mind. Stockpile healthy snacks. Convenient go-tos include nuts, homemade trail mix, fruit and nut bars, apples, bananas, clementines, single-serve nut butters, dried edamame and air-popped popcorn. If you have refrigeration, stock up on Greek yogurt, cottage cheese and hard-boiled eggs for protein-packed snacks.
- Carry a water bottle. Hydration is a vital part of being healthy, so make it a priority to carry a water bottle around with you and refill it



throughout the day. Because hydration is such an important issue, we devote our August Monthly Wellness Series to it. Stay tuned for the whole story on Hydration arriving in your inbox next month.

- Choose whole grains. Make a simple swap in your eating routine by choosing 100% whole grains instead of highly processed white or enriched grains. Whole grains, like steel cut oats, brown rice, barley and 100% whole grain bread or pasta, provide greater nutrition from energy rich B-vitamins to filling fiber. Bonus: Whole grains have a lower glycemic index and glycemic load, meaning they won't spike your blood sugar as much as simple carbs.
- Create a shopping list. Plan your meals and build a list. When you shop from a list, unnecessary temptations don't land in your grocery cart; your bill (and you) will be more fit as a result.
- Go for frozen foods. Frozen produce can be a healthy alternative to fresh foods, and they will last longer too. Fruits and veggies are picked at their peak of ripeness and flash frozen to retain the most nutritional value. Tip: Stay away from frozen foods that are packed in sauces and syrups.

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