

From the Parish Nurse

EATING THE CORRECT FOODS

March is a refreshing month. Flowers are beginning to bloom: leaves have started to sprout on the branches and birds are returning back. Each month the National Health organization selects a National Health Observance to look at so we can improve our health. Nutrition is one of March observances. How are you doing in your nutrition? Are you eating healthy?

To eat healthier, start by making small changes. Make each snack or meal contain nutrient dense food and try to avoid processed foods. Our food is what fuels our bodies and delivers the calories your body needs to function. If your diet is deficient in calories or nutrients your health could suffer. If you eat too much you may experience weight gain. The quality of your diet affects your health risks, longevity, and mental health. Diets rich in processed foods are linked to higher mortality and a greater risk of conditions like cancer and heart disease.

Highly processed foods increase the risk of depressive symptoms.

Nutrients include: protein, carbs, fat, vitamins, and minerals and are what your body needs to thrive. All food contains calories, but not all food is nutrient dense. Foods marked as diet friendly, or low calorie may be low in calories, but they lack nutrients. Some nutrient dense foods are egg whites, salmon, sardines, kale, seaweed, garlic, shellfish, potatoes, liver, berries, eggs, melon (bitter) cocoa and dark chocolate. Nutrient-dense foods are rich in nutrients relative to their calorie count. These include whole vegetables, fruits, cocoa, seafood, eggs, and liver. Try adding these foods to make you healthier. Eat a wide variety of fresh foods. Stay away from eating so much processed food. Healthy eating habits are important, including fueling your body, giving your body the proper nutrients, lowering your disease risk, promoting optimal mental and physical well-being. Healthy Eating to you all.

Isaiah 1:19 If you are willing and obedient, you will eat the good things of the land.

If you would like a visit, blood pressure check or have a question give me a call.

—Charlotte Spencer, Parish Nurse



United States Department of Agriculture

MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.

