

HEALTHFUL HACKS

➔ Snack on Fruits and Vegetables



A simple step to eating healthier is to keep fruits and vegetables available for snacks. Take a little time to prep and wash everything so you can grab and go. If you are looking to get your family involved, plan meals and prepare them together! This helps to model healthy eating habits for your children. If they see you reach for fruit instead of candy, they will start to model the same behaviors.

➔ Rethink Your Drink



Most of us eat and drink too many added sugars, which can lead to significant health problems. Sugary drinks are the leading source of added sugars in the American diet. Additionally, caffeine can induce feelings similar to those of anxiety, making one feeling jittery and anxious.

Rethink your drink by limiting your consumption of sugary and caffeinated drinks, and by drinking more water. If you need more flavor, try adding berries or slices of lime, lemon, or cucumber to your water. If you need help breaking the habit of drinking sugary drinks, keep a jug or bottles of cold water in the fridge for easy access.



THE MENTAL HEALTH BENEFITS OF A BALANCED DIET

For more information, click [HERE](#)

There is a growing trend looking at the role diet plays in mental health. While a balanced diet and good nutritional habits aren't meant to replace mental health treatment, they can be helpful additions to the treatment recommendations of mental health professionals.

A big trend in nutrition and food is the clean-eating movement. Studies have shown that eating more "clean" foods and less processed foods not only affects your physical health but also shows positive benefits for your mental health. Research is showing that when we eat high-quality foods that contain lots of vitamins, minerals, and antioxidants, it nourishes our brain. If you deprive your brain (and your body) of good-quality nutrition, then those areas start to suffer the consequences.

What can you do to help steer eating habits in a more healthy direction? Changing a few aspects of your diet may help to boost cognitive function and reduce symptoms of depression, anxiety, and other mental health disorders. Eating a diet rich in whole grains, lean proteins, Omega-3 fatty acids, and fruits and vegetables has been shown to improve your mood. When we eat real food that has actual nutrition, we provide our bodies with the tools to build enzymes, brain tissues, and all essential parts of our bodies.

A holistic approach to mental health includes looking at our diet. Our mind and body are connected, so how we care for ourselves physically can have a big impact on how we feel mentally and emotionally.

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