

HEALTHFUL HACKS

➔ Benefits



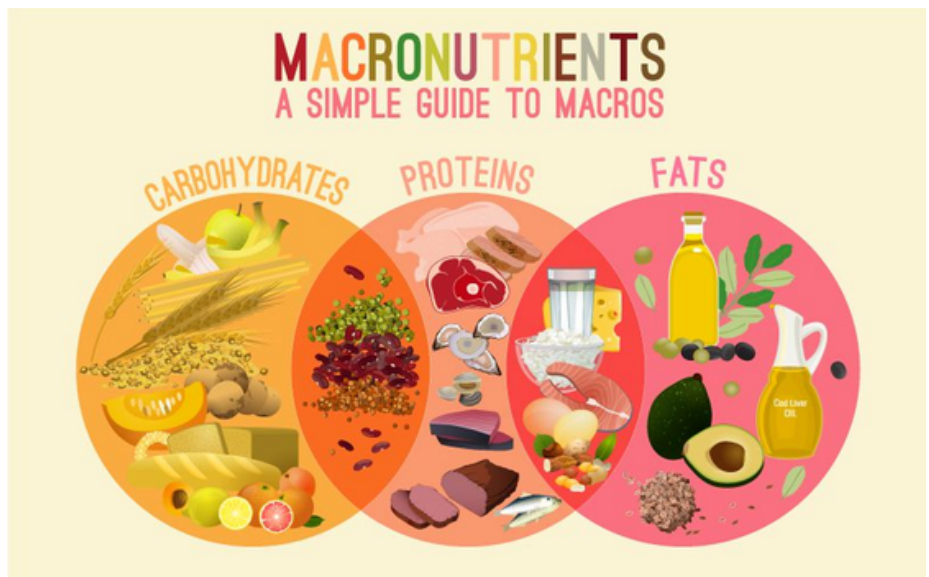
Positive Impacts of Eating Well

- Reduced risk of heart disease, obesity, and type 2 diabetes
- Increased energy
- Boosts immune system
- Reduces blood pressure
- Improved focus
- Strengthens bones
- Improved gut health

➔ Additional Resources



- Culinary Corner Cooking Classes: click [HERE](#)
- [U.S. Food and Drug Administration \(FDA\) Nutrition Facts Label Guide](#)



EAT YOUR MACRONUTRIENTS

March is National Nutrition Month!

Carbohydrates

- Provide energy during exercise
- Fuel your brain
- Food sources include grains, fruit, dairy
- 45-65% of our calories should come from carbohydrates

Proteins

- Protein is the basic material of tissue structure
- Food sources include legumes, nuts, and animal sources, and meatless products often made from soy protein
- Recommended daily allowance for sedentary individuals is 0.36 grams of protein per pound of body weight

Fats

- Protects vital organs
- Food sources include oils, seeds, nuts, fish and dairy
- Recommended daily allowance should be 20-35% of calories from fat
- No more than 10% of daily calories from saturated fat

Small Steps for Change

- Shop with a grocery list
- Swap sugary drinks with water
- Prepare healthy snacks in advance
- Swap fries with a side salad

Resources:

<https://mynutrition.wsu.edu/nutrition-basics#carbo>

<https://www.pomona.edu/administration/dining/health-wellness/macronutrients>