

Be Confident to eat well

Food is everything we are.
It is an extension of nationalistic feelings,
ethnic feelings, personal history, your
province, your region, your tribe, your
grandma. (Anthony Bourdain)

QUIPS & TIPS to live a healthy food life

QUIPS

- 1 We are not always taught how to live comfortably with food. Take time to develop a food relationship as if it's for a lifetime.
- 2 Ask hard questions of your food relationship - like it's your best friend.
- 3 Forgive others of the past if it impacts your relationship with food and health. Walk in peace with food.
- 4 Like all good decisions, food choices require some consideration. Don't trust everything you see. Even salt looks like sugar.
- 5 It is never too late or too early to work towards being the healthiest you.
- 6 Health is not a size, it is a lifestyle.

TIPS

- 1 Tempted to grab a snack when feeling an emotional high ("I deserve this") or low ("this will make me feel better")? Try a different way to "treat" yourself. Send a text to a friend, dance around the room to a favourite song, or post a note of encouragement on the fridge.
- 2 Try a new food every month or so - to feed both your wide nutrition needs and your sense of adventure.
- 3 Healthy eating means healthful food choices most of the time. A "perfect" eater (whatever that is) is a bore.
- 4 Drink enough fluids. Sometimes people think they feel hungry (feel listless or want to eat something but it is not meal or snack time) but are truly thirsty.
- 5 Skipping meals usually leads to eating a lot more at the next meal and adds up to more total food in 24 hours.
- 6 Gourmet or homestyle - remember the vegetables!

Best
DAY
ever!