

Employee Assistance Program

Eating Right for Life

According to the American Health Association, most Americans do not eat a healthy diet, despite often recognizing the associated health advantages. This may be because of taste preferences, time constraints around meal prep, and the fact that purchasing nutritious foods can cost us more!

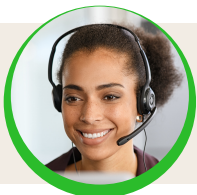


The following healthy eating tips are recommended by the Mayo Clinic:

- **Increase vegetable and fruit consumption.** Five or more servings a day are recommended and can include fresh, frozen, or canned vegetables and fruits. Opt for low-sodium canned vegetables and fruit packed in juice or water instead of syrup.
- **Choose whole grains.** When it comes to bread and cereal, select whole wheat or whole grain options. The higher the fiber content, the healthier. Brown rice, quinoa, millet, and oats are also good sources of fiber.
- **Be mindful of unhealthy fats.** Aim for no more than 13 grams of saturated fat a day and avoid trans fats.
- **Reach for low-fat protein.** Eggs, beans, turkey, chicken, fish, tofu, lean beef, and low-fat dairy are best when it comes to protein.
- **Limit salt intake.** Keep sodium to about a teaspoon of salt a day. Be careful of hidden salt in your food.

If you're finding it difficult to improve your eating habits, reach out to your Employee Assistance Program. We can set you up with a counselor to discuss your goals and develop strategies, as well as help locate nutritionists, healthy meal delivery services, and other resources to get you on track.

Nelson, C. "Eleven Tips for Healthier Eating Habits". Mayo Clinic. Accessed January 22, 2024 from <https://mcpress.mayoclinic.org/nutrition-fitness/11-tips-for-healthier-eating-habits/>



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
www.EAPHelpLink.com
Code: IOWA