



FEBRUARY

self-care/self-love

WEEK 3 - SELF-CARE AS IT RELATES TO NUTRITION

Eating is a form of self-care, and what, when, and how much we eat can play a role in how we feel and show up to life. Self-care with regard to nutrition is prioritizing nourishing your body with food that will make you feel good; from both gut health and psychological perspectives. Food can either be medicine or poison! As Dr. Mark Hyman recently posted, “Food is the code that programs your biology. You can literally upgrade or downgrade your biological software with every single bite.”

What does food do for us?

- Food affects our performance and energy levels
- Food can impact our mood
- Food provides comfort and satisfaction

Probably one of the best things you can do for yourself as it relates to nutrition, besides choosing real, whole, nutritious foods (because we all know that's what we need to choose most of the time), is keeping your meals as simple as you can and still keep them satisfying. Start with protein and vegetables and add seasonings, sauces and starches or grains to round out the meal and keep it tasty. Salads, bowls, stir-fries, tacos... You do not need to cook fancy meals to stay healthy and enjoy your food. It takes about 3 weeks to change your palate- what you crave. So if lots of green vegetables don't sound appealing, keep trying. Your taste buds will change.

Planning your meals and shopping according to your list takes the pressure off, aka reduces stress, because you don't have to make last minute decisions about dinner in the midst of a busy day.

Find joy in your cooking and food prep time. Cook with a family member or alone - whichever feeds your soul. Listen to your favorite music, a podcast, watch a TV show or YouTube videos, just something entertaining for you.

Tips and tricks: Make more and freeze leftovers for another day. Cook breakfast for tomorrow while you're making dinner for today. While you're chopping for dinner, chop extra and prep salads for the week. Always have something in the fridge, freezer or pantry that can make a quick dinner for emergencies - canned tuna, pasta sauce, gluten free frozen chicken fingers or pizza, etc.

TAKE-AWAYS

- Are you meal-planning?
- Are you planning for leftovers, freezer meals, make ahead?
- Can you plan a day off from cooking - eating out, getting take out - for fun, fellowship and good food.