

## Top Ten Tips for Nutrition...

**Change your perspective** on dieting. Realize that weight management isn't a short-term goal but a 'life-term' goal. By doing this you can better commit to the idea of 'balance' and 'change' in how and what you eat.

**Start with small changes.** Small changes over time develop habits that you are most likely to stick with.

**Keep it balanced.** A balanced diet - that's big on whole grain, unprocessed foods and includes the four major food groups - is the best way to maintain your energy levels and desired weight.

**Drink up.** Drinking plenty of water throughout the day is an excellent way to stay alert, avoid dehydration, and improve your physical performance. Aim for six to eight glasses of water each day.

**Cut down on caffeine.** Coffee or tea may give you the jolt you need to get up in the morning, but too much of it can create a jittery and then lethargic cycle.

**Aim for five a day.** That's the magic number of servings of fruits and vegetables you're recommended to eat daily. Fruits and vegetables may help ward off heart disease, cancer, and have also been linked to helping control high blood pressure.

**Eat breakfast.** It really is the 'most important meal of the day.' You'll concentrate better, have more energy and feel less irritable.

**Compare nutritional fact labels.** You can make smart food choices easily by learning how to compare nutritional fact labels on the food that you buy. These labels tell you the serving size and the amount of various nutrients (such as total fat, saturated fat, cholesterol, sodium, and fibre per serving).

**Take your time.** Eat only when you are hungry and remember it takes approximately 15 minutes for your stomach to signal your brain that you are full.

**Give yourself a treat.** It's okay to allow yourself a little indulgence now and again, just be cautious about how often and how much.

*Need more help staying healthy? Your Employee Assistance Program (EAP) can help.*

*Call: 1.800.387.4765 for English, 1.800.361.5676 for French.*