

# SUNDAY MORNING Health Corner

## Nutritional Tips for a Healthier Lifestyle

Nutrition is an important aspect of a healthy lifestyle. However, with socioeconomic barriers and limited educational resources impacting food access and information, African American communities are finding themselves without proper nutrition. Additionally, this has increased the risk of developing cancer, obesity, hypertension, diabetes, and heart disease among Black people. So, here are a few tips to help improve your everyday nutritional health.



**Vary Your Diet.** Eat a variety of nutritious foods every day. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods.



**Cook and prepare.** Learn skills to prepare tasty meals at home that are healthy is rewarding and cost-effective. You can even consider ways to make your favorite dishes more health friendly!



**Get to know food labels.** Reading the nutrition facts label can help you choose foods and drinks that your dietary needs.



**Explore new foods and flavors.** Add more nutrition and enjoyable eating by expanding your variety of food choices. When shopping, make a conscious decision to select fruits, vegetables, or whole grains that's new to you or your family.



**Visit an RDN.** Whether you want to lose weight, lower your health risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists (RDN) can help you by providing sound, easy-to-follow personalized nutrition advice.



**Take action to prevent type 2 diabetes.** The Southeast Diabetes Faith Initiative (SDFI) offers an evidence-based lifestyle change program that can help you learn the skills you need to lose weight, become more physically active, and manage stress. Studies show that people with prediabetes who participate in a recognized Centers for Disease Control and Prevention (CDC), National Diabetes Prevention Program (National DPP) like SDFI could reduce their risk for type 2 diabetes by 50%.

Discover if you are at risk for type 2 diabetes, by taking a Risk Test at [www.balmingilead.org/sdfi/take-the-test/](http://www.balmingilead.org/sdfi/take-the-test/).



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