

SUNDAY MORNING

Health Corner

Fuel Your Body, Nourish Your Health

Eating well isn't just about what's on your plate—it's about balance, portion control, and making choices that promote long-term health. **A well-balanced diet** is essential for boosting energy, preventing chronic diseases, and strengthening your body for the years ahead.

The Simple Plate Strategy:

✔ **Half Your Plate** – Vegetables & Fruits: Fill half your plate with a variety of colorful, fiber-rich vegetables and fruits. These provide essential vitamins, minerals, and antioxidants.

✔ **One-Quarter** – Lean Protein: Include lean proteins like chicken, fish, beans, or tofu to support muscle health and overall well-being.

✔ **One-Quarter** – Whole Grains: Choose whole grains such as brown rice, quinoa, or whole-wheat bread for long-lasting energy and improved digestion.

✔ **Healthy Fats & Hydration:** Incorporate healthy fats (avocados, nuts, olive oil) and stay hydrated with plenty of water throughout the day.

Portion Control Matters!

Use smaller plates to manage portion sizes. Listen to your hunger cues—eat when hungry, stop when full.

Limit processed foods and added sugars.

A balanced diet helps reduce the risk of obesity, diabetes, heart disease, and other chronic conditions. By making simple, daily changes, you can fuel your body with the nutrients it needs to thrive.



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