

Nutrition Times

Prepared monthly by South Zone dietitians, Nutrition Services

Eat Healthy to Feel Healthy

Chemicals in your brain affect the way you think, feel, and act while the food you eat influences your health and energy throughout the day.

What you eat can affect how you feel, and how you feel can affect your food choices. This is sometimes called the “food-mood connection”.



Here are some tips to help you feel your best:

Eat breakfast every day and avoid skipping meals. Eating regularly fuels your body and brain and may help keep your mood stable. Try to have 3 meals a day and keep your meal times consistent.

Drink water. Dehydration affects your energy levels and mood.

Limit caffeine from coffee, tea, pop and energy drinks. These drinks can make you feel anxious and can impact your sleep.

Limit alcohol. It can cause low mood, irritability and aggressive behaviour.



Choose a variety of nutritious food from all four food groups.

When you don't eat enough nutrient-rich foods, your body may lack vital vitamins and minerals. This can affect your energy, mood, and brain function.

Vegetables and fruits:

Fill half your plate with vegetables and fruit. Fresh, frozen, or canned vegetables and fruit are all excellent sources of nutrients.



Grain products:

Eat a variety of whole grains such as brown rice, oats and barley.

Choose breads and cereals with the words, “**whole grain**” on the ingredient label.

Whole grains are very nutritious and also feed your “good” gut bacteria, which may help you to feel your best.



Milk and alternatives:

Choose milk products or fortified beverages that have calcium and vitamin D. Look for yogurts that are lower in sugar.



Meat and alternatives:

Enjoy a variety of meats, eggs, fish, legumes, nuts, and seeds. In particular, fish, nuts, and seeds have healthy fats that support brain health.

Eat at least 2 servings of fish each week. Choose cold water fatty fish such as char, herring, mackerel, salmon, sardines and trout.



Limit foods high in fat, sugar, and salt. Avoid fast food, sugary drinks, and processed snack foods. These foods don't provide much nutrition and can end up taking the place of healthy foods in your diet. You may feel more tired and moody when you eat these foods.



Make time to eat or cook a healthy meal with family or friends. Food can be a great way to connect with others and feel a sense of belonging. Studies show that eating as a family improves the type and variety of food we eat!



Are you ready to make a change?

No change is too small. Small changes are often the most successful.

See [Steps to a Healthier You](#) on [HealthyEatingStartsHere.ca](#) for more nutrition tips to help you feel your best.



Upcoming Classes

There is a fee to attend the whole baby series, the nutrition class is **free. All Nutrition classes are **Free**.*

Brooks:

Alberta Healthy Living Program Classes: Weight Management Ongoing. Register: 403-793-6659

Medicine Hat:

***Baby Steps Infant Nutrition:** Feb. 5 and March 26, 2:30-4:00 p.m. at Community Health Services, 2948 Dunmore Rd SE. Register: 403-502-8215 or ahsmhnutrition.eventbrite.com

Nutrition and Healthy Eating During Pregnancy: Mar. 5, 7:00-9:00 p.m. Register: 403-502-8215

Mealtime Struggles: Feb. 5, 7-8:30 p.m. Learn strategies for dealing with picky eaters. Register through Medicine Hat Public Library, 403-502-8525 or ahsmhnutrition.eventbrite.com.

Alberta Healthy Living Program Classes:

Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-529-8969

Emotional Eating: Feb. 8 and 15, 1-4:30 p.m.

Grocery Store Tour: Feb 8, 1:30-4 p.m. at the Save On Foods west location

Lethbridge:

***Baby Steps Infant Nutrition:** Ongoing. Register: 403-388-6668.

Alberta Healthy Living Program Classes:

Diabetes, Weight Management, Healthy Eating to Reduce your Risk. Ongoing. Register: 403-388-6654.

Contact

If you have questions about information in this article, contact your local Registered Dietitian at Community Health Services:

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