

# The Daily Dose

Nourishing our body and mind is a potent form of self-care. With numerous fad diets and recommendations available, how do you know where to start and what to aim for each day when it comes to eating well?

## You can start by choosing abundance.

Instead of focusing on the foods you would like to eat less of, shift your intentions to the foods you are striving to add to your plate. Is it fruits and vegetables? Or perhaps it's more beans and whole grains. By focusing on the additions, we can crowd less nourishing, packaged foods without fixating on taking them away.

Compassionate self-care means starting where you are. Remember that perfection doesn't exist and instead focus on positive intentions so you can care for yourself in a meaningful way.

## Start with these 5 positive nutrition intentions:

1. I will do my best to eat foods that nourish my body.
2. I will do my best to eat more whole, unprocessed foods.
3. I will do my best to eat more vegetables and plant-based foods.
4. I will do my best to eat foods that make my body feel good.
5. A healthy diet is one in which all foods fit and I allow myself to enjoy all of my eating experiences.

## The sky is the limit.

When it comes to the colorful produce, the sky is the limit! Rich in antioxidants that boost immune function and gut health, while decreasing inflammation, colorful produce is probably the most important thing you can eat. Aim for variety in color by trying to eat the rainbow every day.

TIP: When digestion feels sluggish or sensitive, choose cooked fruits and vegetables over their raw counterparts, as they are easier to digest!



- Colorful (non-starchy) vegetables
  - Aim for 5-6 cups per day (smoothies and juices can make this easier)
  - Eat both dark leafy green and cruciferous vegetables daily
- Fresh fruit
  - Aim for 3- 4 servings per day

## Fill in the gaps.

Fruit and vegetables are great, but you can't live on them alone. Plant-based proteins and fats are important fuels that do your body good. Including them daily will help to nourish your body, satiate your belly and satisfy your soul. If you're an omnivore, aim to fill your plate with more of these plant-based foods, which will naturally decrease the amount of animal protein on your plate without taking it away!

TIP: Nutrition isn't one size fits all. Remember, just because a food is "healthy" doesn't mean it's right for you. Trust your body and eat foods that make you feel good.

- Whole grains, legumes, lentils, and bean sprouts
  - Rich in protein and fiber, plus many other good-for-you nutrients
- Starchy vegetables (winter squash, corn, potatoes, etc.)
- Raw nuts and seeds
  - An excellent source of healthy fats and protein
  - Aim for ¼ C per day or 1-2 tbsp. nut butter
- Avocado
  - Rich in anti-inflammatory nutrients like healthy fats
- Seeds (flax, chia, sunflower, pumpkin, etc.)
  - Nutrient dense and anti-inflammatory
  - Aim for 1-2 tbsp. per day
- Organic tofu and tempeh
  - An excellent source of calcium and protein
  - Tempeh is a great source of gut healthy probiotics

