

# PEPPERDINE

## Healthy Eating Month October 2021

Good nutrition is essential in keeping current and future generations of Americans healthy. People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For those with chronic diseases, healthy eating can help manage these conditions and prevent complications. (CDC, 2021)

### Find a Balance:

- A healthy lifestyle includes good nutrition and adequate physical activity.
  - If your body weight has not changed for several months, the calories you consume from food and the calories you burn from physical activity are balanced.
  - If you need to gain or lose weight, consider changing your dietary pattern and physical activity level to achieve your goal.

### Develop an Eating Plan to Prevent Weight Gain:

- If your goal is to prevent weight gain, choose foods that supply the appropriate number of calories to maintain your weight. This number varies from person to person.
  - It depends on many factors, including your height, weight, age, sex, and activity level.
    - Think about incorporating an activity tracking diary or a food diary.

### Develop Healthy Eating Habits for Your Children:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products, including cheese and yogurt.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Encourage your family to drink lots of water.
- Limit sugary drinks.
- Limit consumption of sugar and saturated fat.

### Water and Nutrition:

- Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.



# THRIVE

WELLNESS PROGRAM

## Helpful Resources

- ❑ **CDC's *Healthy Eating for a Healthy Weight***
- ❑ **CDC's *Nutrition: Why It Matters***
- ❑ **Harvard Medical School's *Online Nutrition Courses***
- ❑ **Human Resources' *Wellness Webinar Collection***

## Contact Information

- ❑ **Health Advocate**  
(866) 799-2728  
[www.myhealthadvocate.pepperdine.edu](http://www.myhealthadvocate.pepperdine.edu)
- ❑ **Human Resources  
Thrive Wellness Program**  
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