

DIET



Looking after your body is tantamount to great Self-Care. As is looking after your health and wellness. MOVEMENT and SLEEP are already included within the free resources I offer as they are so important to your overall wellbeing. Third is looking after your body with your DIET. Of course, no one likes to be preached to, and we all think our excuses for eating and drinking the way we do are acceptable, or plausible. This isn't to preach.

Paying attention to what you eat is vitally important. Eating a highly nutritious DIET will give you energy to be your best every single day. This is not about advocating for a particular type of DIET as in Vegan, Meat, Vegetarian or other. Nor is this about going on a DIET such as Paleo, Atkins, Slimming World, Grapefruit, Juicing or any other name and variation. This is about being self-aware of your own DIET and ensuring that it is nutritious and healthy and provides you with sufficient energy to perform.

This is not about how to lose weight, whether you do or don't is not considered here and this is not about losing weight, unless that is something you have chosen to do or been advised to by a Medically Qualified Professional.

This is about being self-aware of what you eat and why you eat.

Are you eating to meet an emotional need when you eat?

Are you eating what you need to live or living to eat?

Are you consciously aware of what you eat?

Are you enjoying your food?

Are you too tolerant of bad habits with your DIET?

Are you prepared to make some good changes to your DIET to be your best you?

What is a healthy DIET?

There are very few people who honestly believe that to constantly eat a DIET of processed, manufactured, beige, high sugar, carbonated, high fat food items constitute a nutritionally balanced and healthy DIET! Or that to do so will ensure your optimum health, energy, ability to fight illness and have positive impact on the brain function.

Most of us are aware of the food types we should include in our daily DIET, we do, however, make food choices that are not always serving our health in the best way.

Eating a healthy and well-balanced DIET is important to ensuring optimum health. Eating the right foods in the right quantities and varieties will ensure that weight is maintained at a healthy level and that your body, including our brains, have enough energy to work properly.

According to the NHS and the Eatwell Guide you should try to consume a balance of different food types each day and week. They do not state at every meal.

Eating a least 5 portions of fruit and vegetables a day, have a third of the food consumed made up of high-fibre, wholegrain and starchy foods, have some dairy or dairy alternatives, eat some beans, pulses, fish (at least 2 portions a week), eggs, meat and other protein and some unsaturated oils and spreads in small amounts.

For more information go to www.nhs.uk. (There are other sources of information you may wish to review).

They also recommend 6-8 glasses of fluid a day. Be wary of caffeinated drinks and limits sugary or fizzy drinks.

Avoiding high sugar, high fat and processed food is beneficial to your health.

The number of calories to consume in a day depends upon your activity levels, height, health issues but the general guidelines per day are 2000kcal for a woman and 2500kcal for a man.

WARNING – These are all guidelines, sourced from the NHS. Always seek medical advice if you are unsure or have any health issues and concerns.

Symptoms of a poor DIET

- Low energy
- Brittle and or thinning hair
- Brittle and ridged nails
- Headaches
- Upset stomach, diarrhoea, constipation, nausea
- Sleep problems, feeling tired
- Dental problems and bad breath
- Immune problems
- Mood swings
- Easy bruising
- Anaemia
- Weight gain or loss
- Serious health issues such as diabetes

Eat consciously and mindfully

A great way to be self-aware of your DIET is to be more conscious and mindful when you are preparing food, getting ready to eat and eating.

Below are some ways you can be more conscious and mindful with your DIET and eating.

1. Take 3 deep breaths before you start to eat and breathe deeply
2. Give thanks and be grateful for your food, where it came from and how it got to you and your plate
3. Set your environment ready to eat, lay your table, ensure you are comfortable. Eating slouched in front of the TV or at your desk whilst working is not pleasant or good for your digestive system
4. Don't eat whilst walking around or rushing around
5. Don't eat whilst driving, besides the fact that your safety is of paramount importance, driving and eating is not good for your digestive system
6. Use cutlery. If you eat with your fingers you often consume more
7. Consider the food you eat, are you really eating a healthy meal, does your meal consist of a variety of healthy colourful and natural foods. Notice the food on your plate notice its colour and smell, temperature, texture
8. Chew your food sufficiently and take your time whilst eating, if you gulp your food, eat quickly or don't chew properly this puts pressure on your digestive system
9. Eat mindfully, really savour and taste your food, be aware of what you eat and notice whether you actually like the food you are eating. You may find that when you eat in a mindful way you actually don't like the taste of some foods when you really start to be aware and taste it
10. Tune into your body, be aware of true hunger (not thirst, we sometimes confuse thirst with hunger so first drink some water if you are not sure whether you are hungry)
11. Consider why you are eating and whether you are eating for an emotional need, tune in to yourself, has something just happened which is unpleasant or upsetting prior to you now eating
12. Stop eating when you are full, or even better before you are completely full which is better for your digestive system and will help it work more effectively

To show your body great self-care and be more aware of your DIET, conscious and mindful eating is a powerful tool to help you gain control of your eating habits, ensure you eat a nutritionally balanced and healthy DIET and help you answer the questions which were asked at the beginning of this worksheet.

NOTES:

EAT A HEALTHY DIET TO LIVE WELL!