

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Living the *Total Body Diet* Lifestyle

Embracing a healthy way of living for permanent, lasting changes is vital for creating improved health and wellness. The *Total Body Diet* is about adding beneficial foods, creating new behaviors and fostering a sense of responsibility to improve the quality of your life. This is not just a fleeting diet that makes short term promises; it's a lifestyle that will give you vitality and freedom to make food choices, and also help you build a healthy relationship with food.



Keep in mind the following three principles for achieving a *Total Body Diet* Lifestyle that can help lead you to renewed energy, balance and a healthy body weight:

- **Balance your diet with foods from all food groups** (vegetables, fruits, whole grains, plant and animal sources of lean protein, and fat-free or low-fat dairy products) to sustain health, energy, and well-being.
- **Get active every day with enjoyable movement.** A few examples include walking, jogging, running, biking, hiking, swimming, stair climbing, Pilates, yoga or tai chi.
- **Make your mental health a priority by fostering a positive attitude.** Your mind plays a large role in your health and your relationship to what and how you eat and drink.

Get into a Wellness State of Mind

The way you think about your health and wellness plays a role in the action you take toward living a healthier lifestyle. If you prioritize your health, you'll develop a "wellness state of mind." You'll think first about making the healthiest choice when it comes to food and physical activity.

Before you begin to make changes in your lifestyle, knowing where you are in your journey toward total body health and wellness is important. Ask yourself the following questions:

- **Why do I want to make changes now? What is my goal?**
- **How ready am I to make this change? If you**

can, quantify your readiness by rating yourself on a scale from 1 (not ready at all) to 5 (very ready).

- **Am I willing to try new, healthier foods?**
- **Do I want to get more active or change my physical activity?**
- **Do I understand that change is a gradual process that takes time, patience and daily action?**

Your answers will tell you if you're ready to change your lifestyle and create lasting changes. If so, you're in the right state of mind to power forward. Your new wellness mindset will help you become more focused on and conscious of your choices.

12 Total Body Wellness

Rules to Live by:

1. Set one realistic health and wellness goal today (but don't promise yourself too much)!
2. Color your health happy by planning at least one meatless day into your week (think colorful vegetables).
3. Pamper your brain and fuel it well with carbohydrates like fruit, vegetables and whole grains plus beneficial fats from nuts, seeds, fish and avocado.
4. Keep your pantry, fridge and freezer free of foods with a lot of added sugar, solid fat and salt.
5. Add healthful foods into your day, such as whole grains, fruits, vegetables, fat-free or low-fat dairy products, and lean proteins.
6. Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.
7. Make physical activity a regular part of the day. Choose activities that you enjoy and can do regularly.
8. Factor in dietary fiber with vegetables, fruits, whole grains, nuts, seeds and beans, peas and lentils.
9. Sit less today – stand while working with a standing desk, pace during conference calls and walk at lunchtime.
10. Slow down your eating by taking at least 20 minutes to eat breakfast, lunch and dinner (it takes 20 minutes to feel fullness).
11. Forge ahead – don't let a bump in the road of your healthy lifestyle get you down. Keep your goals top of mind and move forward.
12. Make time for restful sleep. Aim for 7 to 9 hours every night.

Energizing Foods

All foods contain calories, which provide energy, but not all foods are equal when it comes to how long that energy lasts. Foods high in added sugar and low in dietary fiber, protein and fat will give you a quick boost of energy, but it won't last long.

For sustained energy, try to eat meals that contain foods with a combination of dietary fiber, as well as lean protein and healthy fat. Fuel your body regularly — about every three to four hours — with either a healthy snack or meal to keep energy levels stable throughout the day.

Here are examples of meals and snacks that provide sustained energy:

- One whole-wheat English muffin, 1 tablespoon nut butter and 1/2 cup fresh berries
- Six whole-grain crackers, 1 ounce low-fat cheddar cheese and a handful of grapes
- 1/2 cup cooked oats, 1 cup low-fat milk, 1 ounce pistachios and 1/4 cup raisins
- 1 cup plain low-fat yogurt, 1/2 cup fresh or frozen berries and 1 ounce hemp seeds

Excerpted from: *Total Body Diet For Dummies* by Victoria Shanta Retelny, RDN, LDN and the Academy of Nutrition and Dietetics; Wiley, 2016.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information visit www.eatright.org.

This tip sheet is provided by: