

Wellness Wednesday

Basics for Healthy Weight Loss

The key to maintaining healthy weight for the long haul is all about **balance**.

Your body needs the right nutrients to fuel it throughout the day. The best way to get what you need is to enjoy nutrient-rich foods from a variety of different food groups.



Prep Smarter, Not Harder

- Wash, cut and store fruits and vegetables in clear containers - ready for use
- Vacuum seal portions of meat bought in bulk and not on the menu for the next 3 days
- Some meal items can be prepared in advance - prep and pre-cook on days when you have time
- Double or triple up on recipes and freeze portions of soups and casseroles using a vacuum sealer
- Incorporate leftovers into a subsequent meal to save on time and money
- Be creative with a fruit or vegetable and use it in different ways during the week

- Fruits and vegetables are often loaded with vitamins, minerals, and phytonutrients. For overall health, limit sugars and solid fats when you prepare these foods
- Whole grains contain dietary fiber, which can help us feel full longer. Swap out white breads and pastas with whole-grain versions or consider brown rice, or quinoa at your next meal
- Low-fat milk, yogurt and cheese provide protein, calcium and vitamin D
- Lean beef, poultry, seafood, beans, lentils and soy foods are great sources of protein - a nutrient that helps repair and build muscles
- Opt for grilled or baked meats, rather than fried, to limit saturated fats

