



Health & Wellness Seminar

Healthy Eating Habits

Thursday, January 24, 2013 from 2:30pm—3:30pm
City Hall—Council Chambers
Speaker: Esther Rodriguez, RN

Easy Tips for Planning a Healthy Diet and Sticking To It



Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, stabilizing your mood, and keeping yourself as healthy as possible—all of which can be achieved by learning some nutrition basics and using them in a way that works for you. You can expand your range of healthy food choices and learn how to plan ahead to create and maintain a tasty, healthy diet.

Just as eating healthy food benefits the body, bad eating habits can lead to obesity, constipation, ailments and disease. In the United States, popular fast-food restaurants have created a culture of people who enjoy processed meats and cheeses, high-caloric and fattening foods that are often fried, and beverages laden with sugar. Healthy eating includes fresh, whole foods, like fruits and vegetables, whole grains, low-fat dairy and lean protein.

Healthy eating is important for many reasons.

Healthy foods supply nutrients.

Healthy, balanced eating habits provide nutrients to your body. Nutrients give you energy and keep your heart beating, your brain active, and muscles working. Nutrients help build and strengthen bones, muscles, and tendons and also regulate body processes, such as blood pressure.

As you plan healthy meals, keep these three points in mind:

Balance: A balanced diet helps ensure that you get all the nutrients you need. Use the USDA MyPyramid to learn how.

Variety: Eat a wide variety of foods. No one food provides all the nutrients you need. Choose a wide variety among and within the food group.

Moderation: Use moderation as your guide for everything, including the calories you eat each day, your exercise and other activities, your desserts and sweets, and even your restrictions. Moderation lets you eat all foods.

Essential Nutrients:

Three essential nutrients (macronutrients) are protein, carbohydrate, and fat. They provide energy (as measured in calories) to the body.

The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Sign up now by calling Human Resources at 580-8631 or emailing npeña@missiontexas.us.

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.

