

FEELING TIRED, FATIGUED AND HAVE LOW ENERGY?

Having a healthy diet is one of the most important things you can do to help your overall health. Along with physical activity, your diet is the key factor that affects your weight. You must have carbohydrate, protein, fat, vitamins, minerals salts and fiber in the correct proportions. If there is not enough protein, you will not be able to grow properly and you will not be able to repair yourself. Get enough sleep at least 8hrs. **Exercise at least three times a week. A moderate 30 minuets walk will do.** Take the stairs. Drink green tea and plenty of filtered water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts. limit your use of salt & sugar.

At meals, eat less animal products and increase the fiber, grains, beans, vegetables, carbs and protein. Do not sleep or lie down within 3hrs of eating. Eat small portions. Use a saucer portion instead of a plate portion. Eat only when hungry. Eat only what you need. **DO NOT OVER EAT.**

Eat a variety of foods, especially:

- Vegetables -. Choose dark-green leafy, deep-yellow and a variety of many colored vegetables.
- Fruits - Choose citrus fruits or juices, melons, and berries.
- Dry beans - (such as red beans, navy beans, and soybeans), lentils, chickpeas, and peanuts.
- Whole grains, such as wheat, brown rice, oats, corn, barley, breads and cereals.

Eat foods low in fat, saturated fat, and cholesterol, especially:

- Fish. Poultry prepared without skin; lean meat.
- Low-fat dairy products/ soy milk, rice milk, or almond milk.

HEALTHY SNACKS

Nonfat Cottage Cheese | Fruit | Protein Bars | Hard boiled egg | Sugar free Jell-O

Yogurt | Peanuts | Pickles | Soy Chips | Salad | Dried fruit | Olives | Fruit | Smoothies

Our suggestion is that you avoid processed and refined foods. Eat only real fresh prepared foods. Drink only real fresh prepared juices. Avoid white flour – white bread/ bagels/pizza dough. Avoid fried foods unless you cook it yourself. Avoid sodas especially diet sodas. Avoid refined sugars. Avoid can and packaged foods. Eat foods low in sodium.

Special Thanks to B/O Michelle Wilson for the eating guide. We have a more advance guide in the union office.