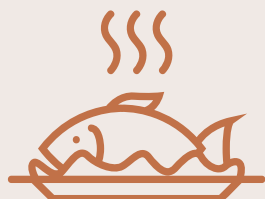


Tips to Support Nutritional Wellness



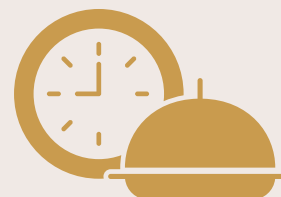
It's no secret that eating well can help you feel better. Making health-conscious decisions about food can feel overwhelming but doesn't need to be. Incorporating small changes like consistently taking your lunch break or bringing a water bottle with you are great places to start. Are you interested in some more food-for-thought? Check out these tips:



AIM FOR OMEGAS

In addition to being heart-healthy, foods high in omega fatty acids also positively influence sleep quality, reduce inflammation, and increase serotonin.

Fish like salmon and trout, walnuts, flaxseed and olive oils, fresh basil, and dark, leafy greens are high in Omegas.



EAT REGULARLY

Skipping meals can cause drops in blood sugar, leaving you feeling tired, bad-tempered, and foggy-headed. If you're in a hurry, grab a piece of fruit, trail mix, or yogurt. This includes being consistent and taking your lunch breaks!



STAY HYDRATED

Even mild dehydration can lead to brain fog and heightened feelings of anxiety so drinking plenty of fluids is critical to feeling your best. Shoot for 3-4 liters per day and avoid sugary or highly caffeinated beverage.



EAT THE RAINBOW

By reminding yourself to "eat the rainbow," you are varying the color of plant foods, meaning you're more likely to consume a wide variety of beneficial antioxidants.

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