

# health chats

# HEALTHY EATING





# Our Sponsors







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# Today's Topics

01

When Healthy Eating Isn't  
About Eating

02

Objectives of a Healthy  
Diet 2.0

03

FAQs

04

UnitedAg Resources



# When Healthy Eating Isn't About Eating



Sleep



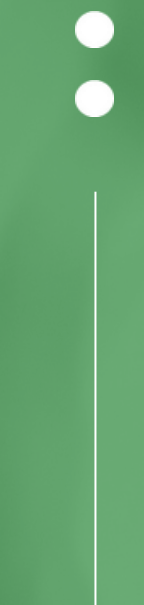
Mental Health



Stress



Cravings







# Objectives of a Healthy Diet 2.0

## Traditional Thinking

- Focus on weight loss
- Short-term diets
- Fats are the devil, all calories are created equal
- Everyone should follow the food pyramid
- Food only impacts your body

## New Thinking

- Metabolic health, reduce inflammation, energy
- Satisfaction, sustainability
- Food quality matters
- Individual nutritional needs vary considerably
- Food feeds the mind, body, and microbiome



# FAQ #1: What's the best diet?

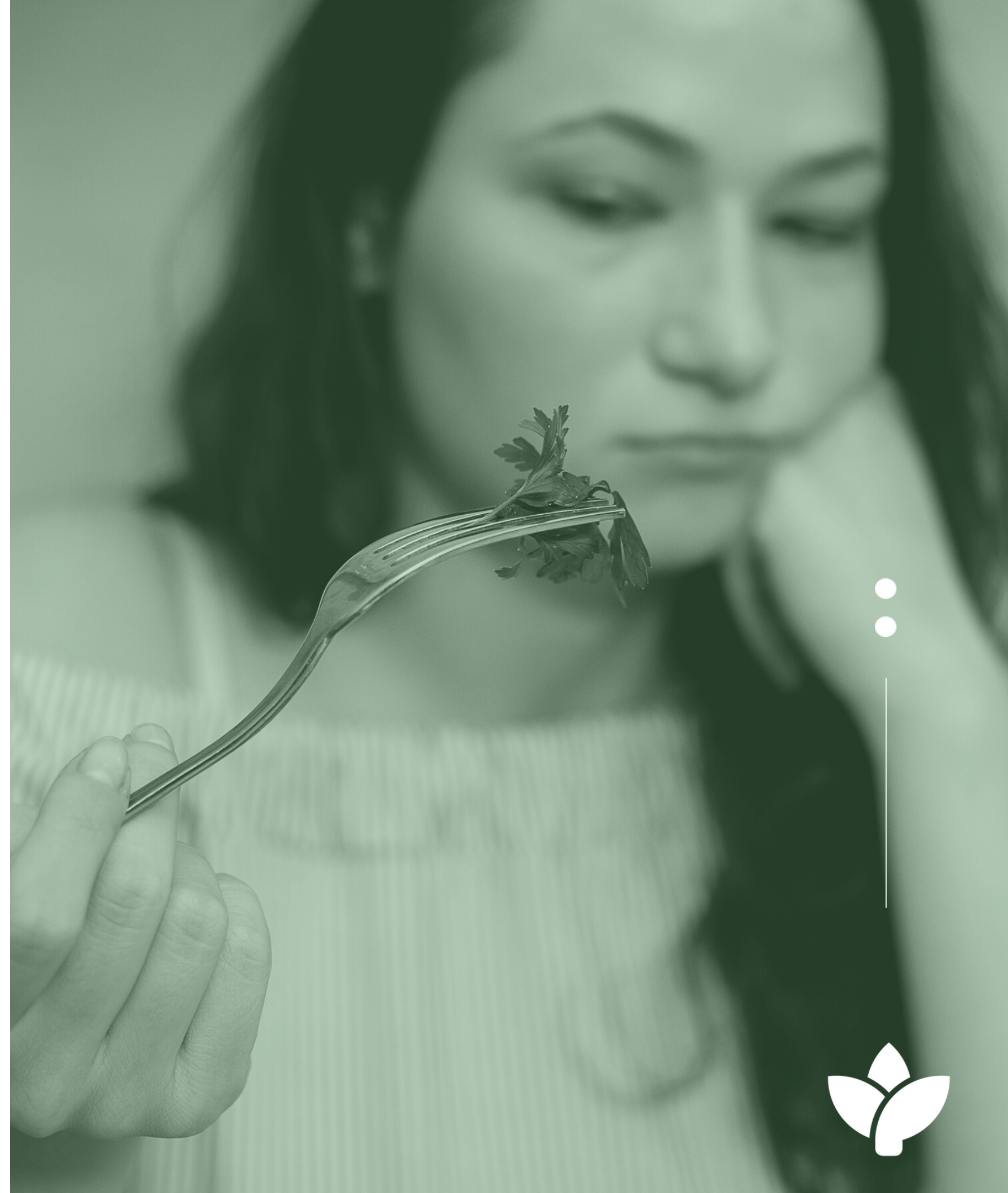
Your unique metabolism, medical history, preferences, lifestyle demands, food sensitivities

## Questions to ask yourself:

- Are you feeling nourished and satisfied?
- Is your food providing enough energy to reach your goals?
- Do you experience joy from what you are eating?

## General recommendations:

- Focus on a variety of whole, unprocessed foods
- Avoid trans fats and added sugar
- Avoid excessive alcohol







## FAQ #2: should I have "cheat" days?

Is your mindset too strict?

Healthy approach to indulging and  
eating out

Indulging vs. binging





## FAQ #3: How can I eat healthy on a budget?

Buy in bulk during sales

Prep ingredients at home

Cook more meals at home

Stock up on frozen fruits and vegetables

Reduce waste

Avoid paying for individual packaging

Leverage community or home gardens







## **FAQ #4: How can I eat healthy when I'm busy?**

**Make healthy eating the lazy choice**

**Plan and prepare**

**Avoid unhealthy, "convenient  
temptations**

**Avoid skipping meals**

**Build healthy habits**

**Prioritizing feeding your body high  
quality fuel**





# UnitedAg Resources

UnitedAg Health & Wellness Centers Lifestyle  
Management Program

Teladoc Nutrition Services

Livongo for people with diabetes





# Save the Date

## Coming Episodes for 2023

May 18, at 10:00 a.m. - Mental Health Awareness with Teladoc

August 17, at 10:00 a.m. - Immunization

November 16, at 10:00 a.m. - Diabetes Awareness





# Q&A

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