

SUNDAY MORNING HEALTH CORNER

Nutritional Tips for a Healthier Lifestyle

Nutrition is an important aspect of having a healthy lifestyle. However, poor eating habits and lack of exercise among African Americans increase their risk of developing cancer, obesity, hypertension, diabetes, and heart disease. This is often due to socioeconomic issues and an insignificant amount of educational resources. Below are some tips to improve your nutritional health in your everyday life:



Vary Your Diet. Eat a variety of nutritious foods every day. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods.



Cook and Prep. Preparing foods at home can be healthy, rewarding and cost-effective. Learn skills to create tasty meals to share and enjoy.



Get to Know Food Labels. Reading the Nutrition Facts label can help you choose foods and drinks to meet your nutrient needs.



Explore New Foods and Flavors. Add more nutrition and eating pleasure by expanding your variety of food choices. When shopping, make a conscious decision to select fruits, vegetables, or whole grains that's new to you or your family.



Visit An RDN. Whether you want to lose weight, lower your health-risks or manage a chronic disease, consult the experts! Registered dietitian nutritionists (RDN) can help you by providing sound, easy-to-follow personalized nutrition advice.



You can take action to prevent type 2 diabetes. The Southeast Diabetes Faith Initiative (SDFI) offers an evidence-based lifestyle change program that can help you learn the skills you need to lose weight, become more physically active, and manage stress. Studies show that people with prediabetes who participate in a recognized Centers for Disease Control and Prevention (CDC), National Diabetes Prevention Program (National DPP) like SDFI could reduce their risk for type 2 diabetes by 50%.

Discover if you are at risk for type 2 diabetes, by taking a Risk Test.

Visit www.balmingilead.org/sdfi/take-the-test/.



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