

Today we are bombarded with fad diets, quick fixes and ads for weight loss drugs. While these things might be beneficial to some, for most of us “going back to the basics” is key to good health!

Good nutrition never goes out of style! Let’s look at some oldies but goodies.

## Good Nutrition Tips



A balanced plate is a healthy plate



A little sweet treat often helps avoid indulgence



Eat your vegetables



An apple a day keeps the doctor away



Save fast food for special occasions



Watch portion sizes



Stay active!



Slow down and enjoy your meal



Everything in Moderation

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**Listening to your mother has really paid off! Eat (and serve) meals that are balanced, correctly portioned and with sweets and treats in moderation. Good nutrition and healthy eating never goes out of style!**

A hunger scale can be a useful tool, ideally we are never low or high and stay between a 4-6:



- 1 starving, ravenous, starting to feel dizzy or weak because you're so hungry
- 2 starting to get very hungry, nausea, growling stomach, low energy
- 3 you're feeling more hungry, more urgency in the need to eat
- 4 early signs of hunger, you're starting to feel interested in eating
- 5 neutral, neither hungry nor full
- 6 satisfied – you're starting to feel full but you could eat a few more bites
- 7 feeling completely full and satisfied – you could eat a bit more but you may get uncomfortable
- 8 stuffed – you feel too full and have some mild discomfort or bloat
- 9 uncomfortably full – you are way too full, feel heavy or tired, or have stomach pain
- 10 painfully full – you feel overstuffed, in pain or nauseous, or feel disgusted at the thought of food

Good food vs bad food?

As long as everything is in moderation it can be part of a balanced diet!