

CONSUMING A BALANCED AND NUTRITIOUS DIET

is an important factor in maintaining a healthy body weight, and can also directly help control your pain. Here are a few facts about how the food you eat impacts your body.



- 1. Eating the right foods can help regulate your appetite, making you feel fuller for longer periods.** Whole foods such as fruits, vegetables, lean protein, and whole grains are full of nutrients and lower in calories. This helps you feel satiated for longer periods avoiding the need to consume excess calories.
- 2. Avoiding foods that trigger inflammation can help control your pain:**
 - Processed foods (potato chips or cookies)
 - Fried foods (french fries)
 - Refined sugar (candy bars)
 - Saturated fats (palm oil and fatty cuts of meat)
- 3. Eating anti-inflammatory foods may help improve pain. Examples are similar to those that keep you full for longer:**
 - Fruits (Citrus, berries, or apples)
 - Vegetables (Eat the Rainbow! For example, dark leafy greens, peppers, or carrots)
 - Whole grains (Oatmeal, brown rice, quinoa)
 - Nuts & Seeds (Almonds, walnuts, sunflower seeds)
 - Fatty fish (Salmon or tuna)

SOME GENERAL GUIDELINES:

- Consume at least five servings of fruits and vegetables each day.
- Incorporate three whole grain servings into your daily diet.
- Consume more protein from plant-based sources; legumes such as lentils, chickpeas, and black beans.
- Limit your consumption of processed foods and opt for whole foods instead.
- Stay hydrated. Aim for at least eight glasses of water per day.

Although everyone's dietary needs and preferences may differ, the above guidelines can help most people achieve a healthier diet.

SMALL ACTIONS, BIG IMPACT!

If you had to select one area from the above General Guidelines to concentrate on first, which one would it be?

- **Take some time to reflect on the habits and select the one that you feel would benefit you the most.**
- **Commit to incorporating this habit into your daily routine.**
- **Remember that small changes can have a significant impact, so focus on one habit at a time and take it one day at a time.**