

Unite for HER Daily Dose

Nourishing our body and mind is a potent form of self-care. With numerous fad diets and recommendations available, how do you know where to start and what to aim for each day when it comes to eating well?

Start by choosing abundance.

Instead of focusing on the foods you would like to eat less of, shift your intention to the foods you are striving to add to your plate. Is it fruits and vegetables? Or perhaps it's more beans and whole grains. By focusing on the additions, we can crowd out less nutrient dense foods without fixating on taking them away.

Compassionate self-care means starting where you are. Remember that perfection doesn't exist and instead focus on positive intentions so you can care for yourself in a meaningful way.

Set positive nutrition intentions.

1. I will do my best to eat foods that nourish my body.
2. I will do my best to eat more whole, less processed foods.
3. I will do my best to eat more vegetables and plant foods.
4. I will do my best to eat foods that make my body feel good.
5. A healthy diet is one in which all foods fit and I allow myself to enjoy all my eating experiences.

Aim high.

When it comes to the colorful produce, the sky is the limit! Rich in antioxidants that support immune function and gut health, while decreasing inflammation, colorful produce is probably the most important thing you can eat.

Aim for 5 servings of colorful fruits and vegetables each day.

TIP: When digestion feels sluggish or sensitive, choose cooked fruits and vegetables over their raw counterparts, as they are easier to digest!

Fill in the gaps.

Fruit and vegetables are great, but you can't live on them alone. Plant proteins and fats are important fuels that do your body good. Including them daily will help to nourish your body, satiate your belly, and satisfy your soul.

- Whole grains, legumes, lentils, and bean sprouts
- Starchy vegetables (winter squash, corn, potatoes, etc.)
- Nuts (peanuts, cashews, almonds, pistachios, etc.) and nut butters
- Seeds (flax, chia, sunflower, pumpkin, etc.) and seed butters
- Avocado
- Tofu and tempeh

TIP: Nutrition isn't one size fits all. Remember, just because a food is "healthy" doesn't mean it's right for you. Trust your body and eat foods that make you feel good.