



Nutrition as Self – Care

How you feed yourself matters as much as the food you choose. Feeding yourself well is a basic self-care effort.

1. Stop dieting and begin with feeding yourself regularly. This will take some time and practice each day. Plan, shop, prep, cook, and eat.
2. Your brain is an organ. It needs you to provide it with energy from food to help you stay grounded and effective in your work. Slow down to go fast.
3. Plan meals so that you see most of the core food categories (grains, proteins, fats, fruits/vegetables, dairy), a minimum of three times a day. Snack times can help you to fill in what you missed at meals and to not get too hungry. This is the minimum amount of nutrition you need.
4. Good nutrition adds up over time. The nutrition of one food, one meal or one day of eating matters less. Keep a log for a week to learn more.
5. Listen to and trust your body's inner nutritionist (you've had it since you were born) to learn about how much you need to fill up and be satisfied.
6. Stop labeling foods as good or bad. Joy, celebration, and tradition are values for food selection that are just as important as nutrition facts.
7. End body, weight and food shaming toward yourself and others. Stop supporting the idea that you can judge a person's value or health this way. We are not all supposed to look, eat or weigh the same.
8. Be a critical viewer of nutrition messages in the media. Talk to your doctor or ask for a referral to see a Registered Dietitian Nutritionist to help you decide if something you read about or see on the news is the right advice for you.
9. Move your body in ways that feel good to you so that you can keep moving well for a lifetime. An active life helps to fine tune your body's appetite cues.
10. You are a whole person. Self-care patterns matter more than nutrition alone. Getting enough sleep, relieving stress, feeling connected to others and moving everyday are as important as good nutrition.