

Nutrition: Mindful Habits for Wellness and Good Health

1. Our diet can make us feel good or make us feel bad within ourselves
2. The foods we eat can affect our risk of developing certain diseases
3. High-energy and high-fat diets can lead to obesity and increase risk of heart disease, cancer and diabetes, constipation, reflux, and other non-healthy conditions
4. Eat a variety of foods to promote good health, give you energy and make you feel good.
5. Drink plenty of water
6. Move as much as you can. Walking is good enough.

