



## Healthier Eating

March is [National Nutrition Month](#), a reminder that improving your diet can add up to significant health benefits over time. "A good diet improves both mental and physical health, and makes you feel better," states Christina Morrissey, APRN at InterCommunity's Primary Care. "It's also important for pain control."

Many people by now have abandoned their New Year's resolutions to eat better, but it's never too late to start. While there is no single "ideal" diet that works for everyone, eating a variety of foods and decreasing consumption of added sugars, saturated fat and sodium can benefit mental and physical health. For example, research has shown that people with severe depression have experienced a reduction in their symptoms when following the Mediterranean diet of whole grains, legumes, fresh fruit and vegetables, olive oil and nuts.

### Tips for Making Healthier Choices:

- **Start with small changes.** A complete diet overhaul is often unsustainable. Instead, start today to make small changes to what you eat and drink.
- **Be active your way.** Find an activity you enjoy, whether it's walking, gardening, biking, or going to the gym. Aim for two and a half hours a week for physical activity. Team up with a friend for extra support and motivation.
- **Don't let "slips" derail you.**
- **Celebrate successes.** Find ways to reward yourself when you reach certain goals or milestones.



## Meal Planning

Tips for [eating healthier](#) include the following:

- **Eat breakfast.** Start your morning with a breakfast that includes lean protein, which will make you feel fuller, longer.
- **Make at least half your plate fruits and vegetables.** Try different ways to cook and season vegetables.
- **Watch portion sizes.**
- **Drink more water.**
- **Plan healthy snacks.**
- **Eat with your family as often as possible,** without the distractions of TV, cell phones, or other electronics

Many people with food allergies or sensitivities, or who have a chronic disease such as diabetes, may benefit from the guidance of a nutritionist or registered dietician.

**Are you concerned about a friend or family member's health? If you, or someone you know, is interested in addiction recovery services, mental health care for children or adults, or primary care, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.**



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