

# FEED YOUR POTENTIAL



## BLOG #1: FEED YOUR POTENTIAL

### Every day, we wake up with a purpose

Whether we are students studying for an exam, professionals preparing for a big presentation, or working hard at your career, our eating habits directly impact the energy and focus needed to reach our everyday goals. Discovering and choosing the right food propels us forward, helps us succeed and keeps us healthy. Let's have fun connecting what we eat with what we need to accomplish today and into the future. Our new look healthy for Life programme aims to help you discover what a healthy lifestyle can do for you!

Our goal is to help you get the balance between your work/studies and life by providing you with nutritional and healthy advice and tips plus, interactive event days and enticing healthy recipes to cook at home.

### We're helping you to feed your potential



To help make it easier for you to find healthy options when you dine with us we've created our distinctive healthy eating stamp. You can rest assured that any dishes with our stamp are recommended by our team of dietitians, and have been created and tested by our culinary team to ensure they are nutritionally balanced, containing lean proteins, complex carbohydrates and at least 1 of your 5 -7 a day. These dishes also include lower fat and lower salt ingredients without compromising on taste.

### Top tips to feed your potential this New Year

With the festive season well and truly over, it is now time to get back on track, with that in mind we've selected 5 top healthy eating tips to help you feed your New Year potential to the max.

#### 1) Kick off your day with a balanced breakfast.

Eating a balanced breakfast can help your energy and alertness for the day. Eating in the morning also wakes up your metabolism and can help with managing your weight.

Whole-grains, fruit, low-fat dairy and protein should be at the top of your breakfast list to get the balance right. Combining these foods at breakfast has the added benefit of helping you to feel fuller longer. Also try to opt for a lower sugar breakfast. Some great breakfast ideas include porridge or wholegrain (low sugar) cereals topped with fresh fruit, wholegrain toast with nut butter, poached or scrambled eggs and tomato on wholegrain toast.

## **2) Don't skip meals.**

Aim for 3 regular meals per day and healthy snacks if desired in between. Eating every 3 to 4 hours is best to control your blood sugar levels and hence your energy levels and will also help prevent you overeating later in the day.

## **3) Snack smart.**

By eating regularly you are less likely to hit an afternoon slump where you crave unhealthy foods. Good snacks include; a low fat yoghurt, a glass of milk, a tub of raw veg sticks with hummus or a fresh salsa dip, fresh fruit, nuts and seeds or low salt popcorn. Be careful/mindful of portion sizes

## **4) Keeping hydrated.**

Will help you stay alert throughout the day. Don't wait until you're thirsty. If you do feel thirst, you may already be dehydrated. Be sure to drink enough water throughout the day, every day, to stay hydrated and to keep your body working normally. If you feel that water is too plain, spruce it up with lemon, lime or cucumber or a no added sugar fruit dilute.

## **5) Be a creature of habit.**

Create good habits when it comes to healthy eating & exercise. When you're busy at work and the days are long, cold and dark it can be challenging to maintain a healthy lifestyle. Being prepared is key. Try to pre-plan your food shopping (with a list) and plan out your weekly meals at home and at work. Find an exercise buddy to ensure you get your 30 minutes of daily activity. Check out our restaurant menus available in your place of work/ study and look for the healthier options.

Think of your body as an engine. With the wrong blend of fuel, it won't perform at max capacity. That's why you need a balanced diet with the right blend of carbohydrates, protein, and fat – all key to maximizing your performance.

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