

The Connection Between Nutrition & Your Overall Well-Being



You've probably heard that a healthy, balanced diet is essential to controlling weight and overall health. But a healthy diet impacts more than just your weight. Poor nutrition, along with tobacco use, lack of physical activity and excessive alcohol use, are the main risk factors for preventable chronic diseases. According to the Partnership to Fight Chronic Disease, more than 133 million Americans, about 45 percent of the population, suffer from at least one chronic disease, many of which are thought to be preventable. Good nutrition promotes overall health and can lower your risk of chronic illness.

The Impact Nutrition Has on Your Health

Unhealthy eating can severely affect your health. According to the Department of Health and Human Services (HHS), 40 percent of American adults are obese, and 19 percent – nearly one-fifth – of children ages 2 to 19 also suffer from obesity. But obesity is not the only health risk associated with poor nutrition. Even those who maintain a healthy weight but do not eat a balanced diet are at risk for chronic diseases. According to the Centers for Disease Control (CDC), a lack of good nutrition can contribute to heart disease, stroke, hypertension, type 2 diabetes, and 13 different cancer types.

Poor nutrition impacts people across the country. The typical diet throughout America is high in sugar, saturated fats and sodium. According to the CDC, less than one in 10 adults eat enough fruits and vegetables, and 9 in 10 Americans, including children and adults, consume too much sodium.

Coming This Month:

Building a Balanced Diet
..... October 9th

Understanding Food Packaging
..... October 16th

Healthy Eating Basics
..... October 23rd

Test Your Nutrition Knowledge
..... October 30th

Quarterly Video:

Self-Management for
Chronic Diseases
..... December

Wellness Webinar:

Exercise & Weight Loss
[Register Here](#)
..... October 28th

For assistance on your health and wellness journey, contact [ConnectCare3](#) at info@connectcare3.com or by calling 877-223-2350.

ConnectCare3 is available to those on the health insurance plan. Talk to your benefit representative to see if your company is enrolled.



The Benefits of Healthy Eating

Good nutrition is essential for controlling body weight and preventing chronic disease. But a healthy diet includes several additional benefits. A balanced diet that includes plenty of fruits and vegetables can boost your immune system and help keep you from getting sick.

Food also impacts how much energy we have. Unhealthy fats, like trans-fats and saturated fats, are hard for the body to break down. This can lead to lowered energy levels and feelings of sluggishness. Studies indicated that a healthy diet could help you sleep better and improve brain function.

Good nutrition and physical activity tend to go hand in hand. In addition to eating a healthy and balanced diet, it's important to make sure you stay active. HHS recommends that children ages 6 to 17 years old get at least 300 minutes (five hours) of physical activity every week. Adults over the age of 18 need at least 150 minutes (two and a half hours) of physical activity each week. Both children and adults should try to be active at least five days a week. The CDC has [tips](#) on how to stay active while social distancing to keep you safe and moving during the COVID-19 pandemic.



What Does Healthy Eating Look Like?

Good nutrition is incredibly important, and it's never too late to start maintaining a healthier lifestyle. According to HHS, even small changes can improve your health. HHS recommends doing the following:

- Fill half your plate with fruits and vegetables, and try to select produce in a variety of colors.
- Make sure half of your grains are whole grains such as whole wheat, brown rice and quinoa.
- Choose low-fat or fat-free milk.
- Select lean proteins.
- Always check labels to see how much sodium is in your food, and look for products that are low or reduced-sodium.
- Drink plenty of water and avoid sugary energy drinks and sodas.
- Consume fewer foods that are high in fats, such as cakes, cookies, pizza, and processed meats.

The [Presidential Active Lifestyle Award \(PALA+\)](#) has a free, eight-week program to help you make healthier choices and improve nutrition.

Starting Healthy Habits Early

Teaching your children about nutrition early can lead to good habits that will keep them healthy throughout their lives. HHS has some tips on how to establish healthy habits in your kids.

- Include a variety of fruits & vegetables in each meal.
- Keep cut-up fruits and vegetables in the fridge and make sure kids can reach them.
- Teach kids the difference between healthy snacks they can eat every day, like fruits and vegetables, and treats like cookies and chips.

For more resources on healthy eating and nutrition from the Department of Agriculture, including recipes, tips and a free app to help establish healthy habits, visit choosemyplate.gov.