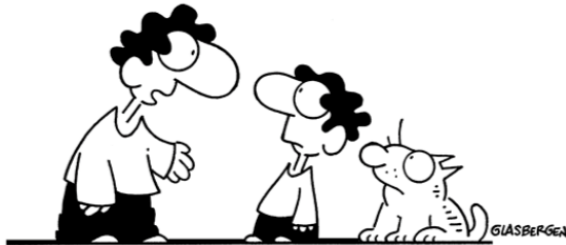




Nutrition

Nutrition is vital to being a healthy nurse. It's not always easy to squeeze all the food groups in, but the Healthy Nurse team has put together some tips to help:

- Eat lots of vegetables – all different colors
- Eat 3-4 servings of fruit – berries are Power Food
- Watch serving size and limit processed food
- Get 7-9 hours SLEEP every 24 hours
- Eat food in its natural form
- Eat whole grain foods
- **Drink plenty of water**
- Avoid white flour and white sugar
- HOPE the attached cartoon helps you smile/laugh! 😊



"Mom is a nurse. I'm not sure why she wears pajamas to work, but it's probably because she always needs a nap."

The Healthy Nurse team has added a meatless dinner recipe that they eat on a monthly basis:

<https://www.healthination.com/heart-healthy/eating-by-heart/moroccan-eggs-ep-1/>

I add fresh spinach and garbanzo beans at the end for an extra nutritional bunch. Also, you may decide to add Uncle Ben's 10 minute whole grain rice in a bag!

Put a spring into your step. Exaggerate your everyday stride, turn around and look when you are backing up your car, get on your hand and knees to wash that kitchen floor! It was for a good reason your mother did this, it burns more calories and it keeps you flexible.

Here are some fun games for you and your family! From National Nutrition Month:

<http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month-games>

Conscious living through the Art of Mindfulness

Here are some suggestion for being more in the moment:

- Making a conscious effort to be a better listener, spending a few minutes a day to relax, and being conscious of what food goes into your mouth.
- **Remember to be kind to yourself.** Be mindful of what you are telling yourself on a daily basis. **Replace your negative mantra with thoughts of humanness.** We are all striving to be better for ourselves and our families. Little steps are accepted and expected.

One last mindful tip:

Be in the moment when you are driving, this means drive slower!

Sue Weaver, Sandy Foley and the HNHN-NJ team