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5 TIPS FOR A HEALTHY WINTER

Winter can be a challenging time to maintain a healthy diet! As the cold sets in, it can be tempting to indulge in comfort foods. Here are some tips for staying healthy during the winter months:



01. Fruit and vegetables

Incorporate seasonal fruits and vegetables: Winter is a great time to enjoy root veggies like sweet potatoes, carrots, and beets, as well as fruits like citrus, apples & pears. These foods are packed with nutrients and can help keep you feeling full and satisfied

02. Choose warming foods

Why? We eat to keep warm! Soups, stews, and warm grains like oatmeal and quinoa are great options for cold weather. These foods are not only comforting, but also provide essential nutrients to keep your body healthy.

03. Stay hydrated

Drinking enough water is crucial all year round, but it can easily be forgotten during the winter. Make sure to drink plenty of water and herbal tea to keep your body hydrated.



04. Don't skip meals

This can actually slow down your metabolism and cause you to gain weight. Instead, make sure to eat three balanced meals per day, and snack on healthy options like nuts and fruit.

05. Vitamin D

Catch some rays!! During the winter months, it can be challenging to get enough vitamin D from sunlight alone. Consider taking a vitamin D supplement or incorporating vitamin D-rich foods like fatty fish and egg yolks into your diet



Remember, staying healthy during the winter months is all about balance. Enjoy seasonal treats in moderation, and make sure to incorporate plenty of nutrient-dense foods into your diet.

Changing your lifestyle one bite at a time.