

KYLE'S *Top Tips*

5 NUTRITION TIPS FOR BETTER MENTAL WELLBEING!

Enjoy whole grains

If you're not eating the whole grain, you're missing out on great things like vitamins, minerals, and fiber which can support gut health. Our gut produces roughly 95% of the body's serotonin - the chemical that helps regulate our mood!

Variety is the spice of life

Remember to add variety to the fruits, vegetables, grains, and proteins that you eat. This keeps things interesting while ensuring you have a balanced diet. Trying new things and making food fun can add to a sense of fulfillment and satisfaction that can benefit all aspects of your life.

Make health convenient

Having healthy snacks close by can be helpful when hunger strikes. Keep a small handful of almonds in your day bag. You can also keep fruits on hand to help you fight some of those sweet-tooth cravings and avoid feelings of guilt or shame that can be associated with more indulgent foods.



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Pick healthier fats

Some fats, called polyunsaturated fats, contain Omega-3 fatty acids. Omega-3 has been shown to increase memory, cognition, and blood flow to the brain. It has even been studied for its effectiveness in supporting children with ADHD. Some foods high in Omega-3 are salmon, walnuts, and chia seeds.

Watch for sneaky sodium

Sodium is added to everything! Make sure to read labels and try to keep your sodium intake to 2300 mg or less per day. That's about 1 teaspoon of salt. You can also use lemon juice and spices to add flavor to dishes, allowing you to cut down on the salt.


Bonus tip!


A registered dietitian can be a powerful ally in your health journey. They can help you optimize your diet, prevent or treat nutrition related chronic illnesses, and support you in becoming your most vibrant self!


Be Well,
Kyle Dodgion, MS, RDN

BOOK NOW



 720-600-7447

 998 Blue River Pkwy. Silverthorne, CO 80498

 www.grittherapy.com | kyle@grittherapy.com

