

Nutrition and Healthy Eating

Why pay attention to nutrition and healthy eating?

Healthy eating habits through nutrient-dense foods and portion control is an important building block for all areas of physical health as well as mental health and emotional functioning. If you eat more balanced meals that are also the right quantities, you feel much better physically and mentally.

*Please see a few handouts on the next few pages!
They are geared toward how to make healthy food choices for you and your family,
and why that is an important thing to do.*

Here are some additional resources to help you learn more about good eating habits and how to bring those habits into your home:

From the FDA (U.S. Food & Drug Administration):

Tips for Bringing Nutrition into Your Home



<https://www.fda.gov/media/131191/download>

*Health Educator's Nutrition Toolkit
Setting the Table for Healthy Eating*



<https://www.fda.gov/media/131161/download>

From the USDA (U.S. Dept of Agriculture)

Top Questions About Nutrition and Women



<https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-nutrition-and-women.pdf>

USDA Eating Vegetarian



<https://www.nutrition.gov/topics/basic-nutrition/eating-vegetarian>

*Mindless/Mindful eating:
Brian Wansink resources*



<http://www.brianwansink.com/families.html>
Center for Mindful Eating



<https://www.thecenterformindfuleating.org/>

Harvard Healthy Living Guides



<https://www.hsph.harvard.edu/nutritionsource/2021/01/19/healthy-living-guide-2020-2021/>

For additional questions or help from our Center staff with finding sources please contact:

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