

# Wellness Workshop

## NUTRITION TIPS

### Cook at Home

- Full control over ingredients
- Saves money
- Make a menu and stick to it

### Healthy Swaps

Instead of	Try
high sugar drinks (soda, kool-aid, etc)	water, milk, coffee or tea with no added sugar
white breads	whole grain varieties
fatty meats	lean cut meats
bottled salad dressing	make your own with oil, vinegar, herbs

### Eat More Fruits and Vegetables

- Try for 4-5 servings a day
- Eat a rainbow – fruits and vegetables of all colors
- Purchase pre-sliced fruits and vegetables to keep your fridge stocked
- Purchase canned and frozen vegetables that are easy to quickly cook and eat

### Avoid Dehydration

- Mild dehydration can drain your energy and make you feel tired
- Adults need between 2.7-3.7 liters of fluid a day
- Keep a pitcher of water in your fridge (add fruit for extra flavor if you need it)
- Snack on hydrating foods like watermelon, strawberries or oranges

### Avoid Mindless Snacking

- Stay in tune with your body's hunger cues
- Balance your meals, so if you are snacking it is for a purpose
- Stay hydrated! Sometimes we mistake thirst for hunger
- Schedule your meals
- Include more protein in your meals

### Think Improvement, Not Perfection

- Changing the way you eat does not need to be an all-or-nothing effort
- Start with small goals
- Set SMART goals (specific, measurable, attainable, realistic, timely)
- Think of healthy eating habits as a way to change your lifestyle not as a limiting diet

## SPEAKERS

### SONDRA MERRILL

Sondra is a Certified Trainer with ISSA, passionate about passing on the love for fitness that was instilled in her. Recognizing that nutrition is a missing piece for many individuals working hard without seeing desired results, Sondra became a Specialist in Sports Nutrition. Additionally, she holds certifications as an Elite Personal Trainer, Specialist in Sports Nutrition Coach, Yoga instructor, CPR/AED, and First Aid.

### FAUSTINA JEYARAJ

Faustina completed her BS in plant biotechnology from Stella Maris College in Chennai, India and her MS in biotechnology from Sathyabama University in Chennai, India. She joined the Voruganti lab at NRI in 2019 where she is now a PhD candidate. The lab researches gene-nutrient interactions affecting purine metabolism and related neurodegenerative diseases and genetic and environmental factors affecting complex diseases such as obesity, hypertension, and

type 2 diabetes in ethnically diverse populations.



