



Wellness on the Run for Busy Parents: Nutritional Strategies

- **Practice mindfulness** – Take time to notice your food. Sit down with a meal or snack whenever possible, put away the phone, allow yourself to enjoy what you're eating and your body to give you satisfaction signals.
- **Hunger is not an emergency** – Acknowledge hunger, but instead of reaching for the quickest carb in your pantry, take a few seconds to pause and breathe. These few seconds of thoughtfulness can help you to make more nutritious choices.
- **Set yourself up for success** – Store healthier snacks at eye level; keep colorful veggies in glass containers in the fridge; limit access to trigger foods.
- **Plan Ahead** – Plan ahead for your own meals, particularly lunches. Prep a protein source at the beginning of the week; grocery shop with protein filled snacks in mind. Make a written plan for how you will deal with your most difficult time of day.
- **Aim for protein at every meal and snack** – Protein helps us to feel satisfied longer, and helps us to avoid “food emergency” situations.
- **Practice the “First Bite Rule”** – Note the sensations of the first bite of an indulgent choice, and stop when you lose those sensations!
- **Avoid “Mindless Munchies”** – Always try to avoid eating out of an open package or eating while too distracted. Take one and walk away.
- **Healthy choices do not equal deprivation** – Living a healthy lifestyle with food does not mean depriving yourself of your favorite foods. Moderation is the tried and true key to long lasting change.

