

CELEBRATIONS NUTRITION

In our series on CELEBRATIONS after sharing the material related to the topic we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENES.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

LIFE APPLICATION QUESTIONS

We will now focus on some life application questions regarding nutrition. We will review them carefully so that you have time to consider the questions and apply what you are learning to your life. Please write down your responses.

- What foods did I choose for my three most recent meals?
- What proportion of what I ate consisted of cereals and grains; fruits and vegetables; legumes, nuts, and seeds; dairy and eggs?
- Did I make wise choices, or did I take too much of one group and too little of another?
- How much of my plate contained fruits and vegetables?
- How colourful was my plate?
- Did I have enough of the richly coloured vegetables?
- What portion of my meal consists of highly processed products?
- Which of these can start cutting back on, and which of the cereals, grains, and legumes can I enjoy eating more regularly?
- How much did I consume of the essential fats and oils?
- Did I eat enough to ensure that I got the fat-soluble vitamin I need?
- Do I use too much fat or oil with my meals?
- How can I still have palatable food without using so much fat
- How can I use herbs more creatively?
- Should I try to use more fresh foods?
- Do I routinely use too much salt?
- Do I reach for the saltshaker without having first tasted my food?
- Have I read the labels of the processed foods I use to ensure that they are not hiding a great deal of salt (sodium) that would be harmful?
- Is my body getting adequate amounts of vitamin b12?
- How do I make sure I supplement this before I develop symptoms of irreversible neurological damage?
- Do I get adequate calcium in my diet and am I at risk of bone loss?
- How do I balance my intake of energy in the food I eat with my output of energy in physical activity?
- Do I weigh myself regularly to ensure that I am maintaining a healthful weight?
- Do I need to lose some excess weight?
- What 'tricks' can aid me in my choices?
- How does using a smaller plate help me to lose weight?
- Do I need to choose more fibre-rich foods?