



## Top 10 Nutrition Rules

Healthy nutrition habits promote a variety of benefits for your body, such as controlled weight, lowered risks for health concerns, improved energy, and reduced stress levels. It is important to remember that eating healthy does not have to involve dieting.

So, what do you really need to know about nutrition? Are carbs in or out this season? What diet are all the celebrities raving about? What is going on with nutritional labels? Thankfully, nutrition only has to be as complicated as you make it.

Let's take it back to the basics and cover the top ten nutritional rules to live by:

### 1. Come back to the Earth

Eat the least processed forms of food, such as fruits, vegetables, whole grains, and high fiber carbohydrates.



### 2. Eat a Rainbow, Often

Eat a wide variety of fruits and vegetables of different colors. Each color benefits a different body function.

### 3. The Fewer Legs, The Better

A lean protein should be included with each meal. Fish, beans, peas, nuts, and seeds are the leanest sources of protein.

### 4. Eat Healthy Fats

Healthy fats such as olive oil, nuts, natural nut butters, seeds, avocado, and flaxseed should be included in your daily diet.

### 5. Eat Breakfast Everyday

Breakfast truly is the most important meal of the day! It jump starts your metabolism and gives you more energy throughout the day. Aim to eat a breakfast within 30 minutes of waking up.

### 6. Three for Three

You should aim for three macronutrients (carbs, protein, and fat) every three hours. Eating smaller portions throughout the day regulates your metabolism.



### 7. Stay Hydrated

Drink at least three liters of zero calorie beverages daily.

### 8. Don't Waste Your Workout

Within 20 minutes of finishing your workout, have a recovery meal or shake that combines carbs and protein.

### 9. Supplement Wisely

If feel you are not getting the vitamins and minerals you need through food, add a multivitamin supplement to your day.

### 10. Get More Sleep

Aim to get 8 hours of sleep every night. The body recovers and repairs best when it is sleeping.

### The 80/20 Rule

Aim to have 80% of your daily consumption be healthy options. The remaining 20% can be consuming your favorite products that help keep you on track. (Source: US Navy, 2011)

## Scott County Food System Workgroup

Scott County Community Transformation Grant (CTG) staff has engaged eight local stakeholders from the community to serve as a Food System Workgroup. CTG staff has hosted two Food System Workgroup Meetings at the Scott County Administration Center. During the first meeting, CTG staff briefly described CTG and the data collection process of each food system indicator, stakeholders introduced themselves, and together the workgroup ranked the community priority and status of each indicator for the Scott County Food System Assessment. During the second meeting, stakeholders finalized community priority and status of the indicators and discussed what possible indicators they would like to see the Food System Workgroup address as a part of the grant objectives.

The Food System Workgroup will continue to finalize objectives and update each other on the food system sectors. Together this group aims to improve the Scott County Food System by addressing the sectors: 1) production, 2) transformation, 3) distribution & retail, 4) access & consumption, and 5) waste management.





## MARK YOUR CALENDAR!

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM Thursday, March 27, 2014.*

### OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

### OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

## SCOTT COUNTY HEALTH DEPARTMENT

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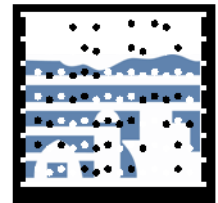
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