

# Community Dietitians In Action!

Quarterly Newsletter Issue #9

February 2018



## Community Dietitians:

- Jochelle Mohammed RD
- Kyrie Homer RD
- Cynelle Vincent RD
- Kaajaal Samaroo RD

## Maintaining that Fit Carnival Body Year-round

It's a week before Carnival and the gyms are filled with the sounds of weights and treadmills being heavily utilized. While driving past parks after work, you can see teams of people avidly walking or running. You hear the crunching of co-workers during lunch hour eagerly eating their salads. Exercise levels have increased and healthier foods are being consumed.

It's Carnival season and everyone is doing their best to get their bodies toned and healthy to hit the streets.

Why not try to maintain those healthy bodies all through the year. Here are a few nutrition guidelines to help achieve a healthier you!

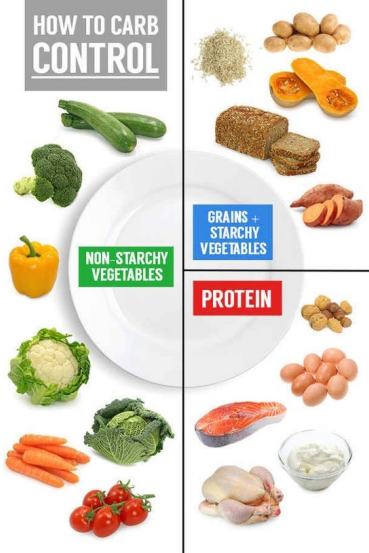
- Your body needs the right fuel for your hectic, stress-filled schedule. The best way to get what you need is to enjoy a wide variety of nutrient-rich foods that are packed with energy, protein, vitamins and minerals
- You can make a big difference in your calorie intake by just eating and drinking smaller portions and by making empty calorie choices less often.



## GET ACTIVE!

- Schedule exercise into your calendar like any other appointment or task. Scheduling is a straightforward way of converting an intention or activity into a long-lasting habit.
- Try taking 10 minutes in the morning, afternoon and evening to do some form of activity. This can include 10 minutes of body weight exercises (push-ups, crunches, lunges, squats, etc.) in the morning, a 10-minute brisk walk during your lunch break at work and 10 minutes of yoga-inspired stretching in the evening
- Try not to fall into the cycle of skipping breakfast, eating a light lunch and, then, exercising after work with little fuel on board. With this scenario, you are more likely to overeat after your workout because you are so hungry from not eating enough during the day

### HOW TO CARB CONTROL



### FILL YOUR PLATE WITH

1/2 NON-STARCHY VEGETABLES	1/4 GRAINS + STARCHY VEGETABLES	1/4 PROTEIN
Cucumbers Tomatoes Lettuce Watercress Cabbage Broccoli Cauliflower Christophene Sweet - Peppers Bodi Spinach	Provisions (Yam, eddoes, sweet potatoes etc) Brown Rice Whole grain pasta, roti, bake or bread Quinoa Potatoes	Chicken Turkey Fish Lean cuts of beef, pork Eggs Cheese  Legumes— Peas, Beans, Nuts, Seeds



healthy is not a size...  
it is a LIFESTYLE



No tricks, gimmicks, special pills, special potions, special equipment. All it takes is desire & will  
- Richard Simmons