

City of Mission Health & Wellness Training Series Weight Management: Nutrition Thursday, January 26, 2012 3:30pm—4:30pm

City Hall—Council Chambers

Speaker: Roberto Bravo, Clinical Nutrition Manager

Nutrition

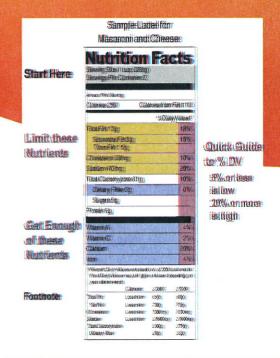
fruits and vegetables

Why is it important to have good nutrition?

Good nutrition can help prevent disease and promote health. There are six categories of nutrients that the body needs to acquire from food: protein, carbohydrates, fat, fibers, vitamins and minerals, and water.

Good nutrition helps individuals achieve general health and wellbeing. In addition, dietary modifications might be prescribed for a variety of complaints including allergies, anemia, arthritis, colds, depressions, fatigue, gastrointestinal disorders, high or low blood pressure, insomnia, headaches, obesity, pregnancy, premenstrual syndrome (PMS), respiratory conditions, and stress.

The four basic food groups, as outlined by the United States Department of Agriculture (USDA) are:
dairy products (such as milk and cheese)
meat and eggs (such as fish, poultry, pork, beef, and eggs)
grains (such as bread cereals, rice, and pasta)



10 Tips for Easy Weight Loss

- 1. Find out how many calories you need.
- Eat at least 5 servings of fruits & vegetables per day.
- 3. Watch for portion size.
- 4. Do not skip meals.
- 5. Go for wholesome fresh foods.
- 6. Don't be overly restrictive.
- Understand food labels.
- 8. Watch for sugary drinks.
- 9. Keep a food journal.
- 10. Exercise.

The Human Resources Department in conjunction with Mission Regional Medical Center will be hosting health and wellness training seminars each month. Employees will receive health tips to take home and a plan for taking better care of themselves. Please make plans to attend. Call or email Human Resources at 580-8631 or realing-pale.

Our mission is to promote health awareness and to encourage healthy lifestyles.

Questions? Contact the Human Resources Department at 956-580-8630.

