



# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

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# National Nutrition Month

## Embrace Whole Foods

Incorporate a variety of colorful fruits and vegetables into your meals, this helps ensure a diverse range of nutrients and antioxidants to support optimal health.

## Read Food Labels

Pay attention to serving sizes, calories, and the ingredient list which can help identify potential sources of added sugars, unhealthy fats and sodium.

## Stay Hydrated

Staying hydrated is essential for overall health and well being, it also supports digestion, metabolism, and cognitive function. Aim to consume 4—6 cups of water a day!

## Prioritize Balance & Moderation

Instead of focusing on restrictive diets or cutting out entire food groups, strive for balance by including a variety of foods in your diet & practice moderation, this means controlling unhealthy urges like binging or over-indulgence of less desirable foods like sweets and high fat foods.

## Eating Healthy IS Self Care!

Prioritize eating as an essential aspect of self-care. Treat your body with respect and the care it deserves by nourishing it with wholesome, nutrient-rich foods that support your lifestyle!

Interested in learning more about how you can better manage your nutrition?

Contact the Nutrition Connection Services!

By Appointment Only

Email: [nutrition-connection@iup.edu](mailto:nutrition-connection@iup.edu)

Please provide your name, phone number, and email. A counselor will respond to schedule an appointment.

Appointments are offered in-person or virtually via, Zoom.



MARCH IS NATIONAL

# NUTRITION

## MONTH