Nutrition social media tiles post.
Copy guide.

Good food, good mood.

Post:

A better mood starts with what you eat. Try to increase your intake of good mood foods, like Omega 3-rich salmon and tuna, bananas, berries and nuts & seeds, and even dark chocolate.

Feed your brain.

Post:

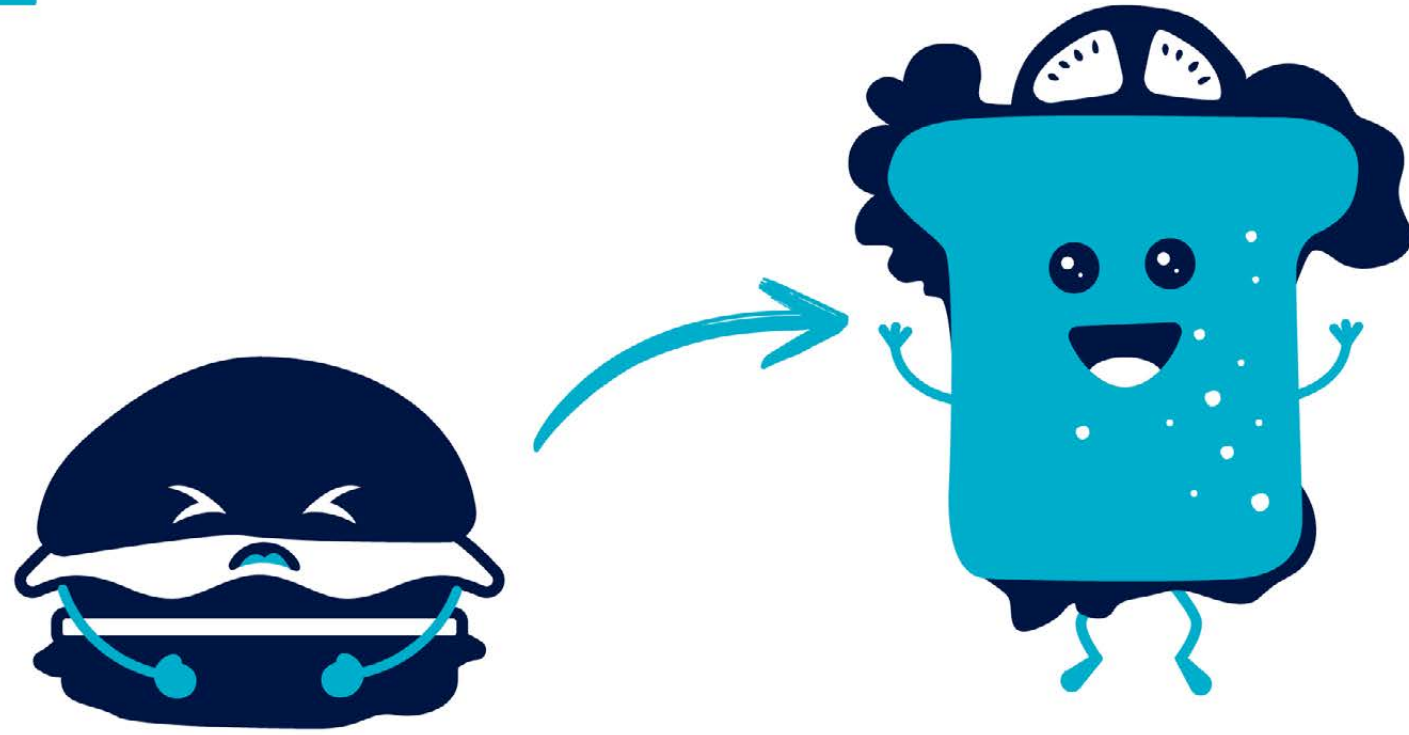Did you know? Foods like salmon, eggs, nuts and avocado are rich in Omega 3s, supporting a better memory and a healthy brain.

Make simple swaps.

Post:

Small choices can really make all the difference to your health. Choose a wholegrain bread, swap the chips for rice crackers and have water with your meal instead of a sugary drink.
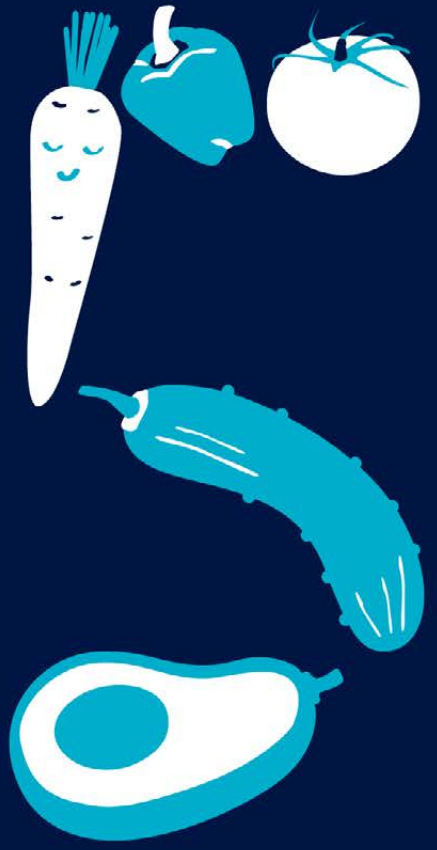
Eat colourful.

Post:

A simple way to aim for good nutrition is to eat the rainbow. Make sure you're getting a variety of different fruits, vegetables, grains and protein in every colour to get all the nutrients your body needs.
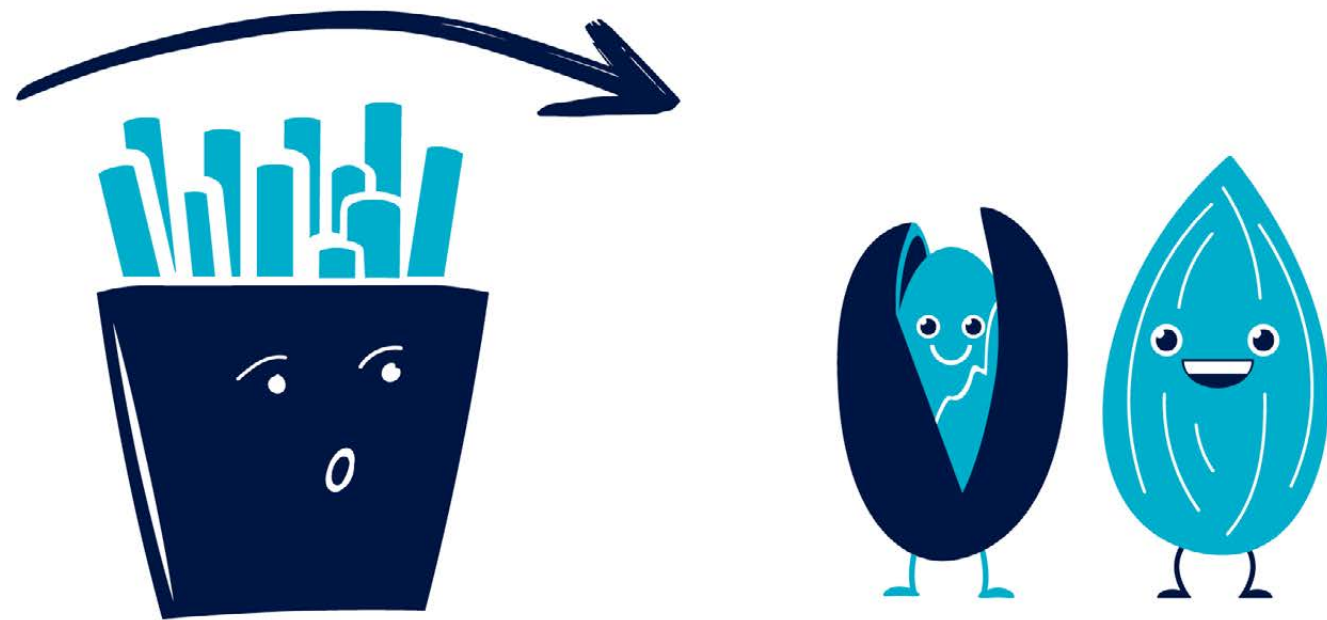
Aim for five.

Post:

It can be a challenge getting our recommended fruit and veggie intake. Do your best to try for 5 vegetables every day. Choose a sandwich with salad, snack on carrots and cucumber, add some spinach to your eggs.

H Healthy Heads in Trucks & Sheds

Sidestep fast food.

Keep lots of nutritious bites on hand. When you're tempted by a fast food you can easily reach for a healthier alternative.

Sidestep fast food.

Post:

Fast food can be tempting, particularly when you're on the road and in a rush. Being prepared makes all the difference – try keeping an arsenal of better-for-you snacks in your vehicle where you can reach them. Think popcorn, cheese and wholegrain crackers, nuts or muesli bars.
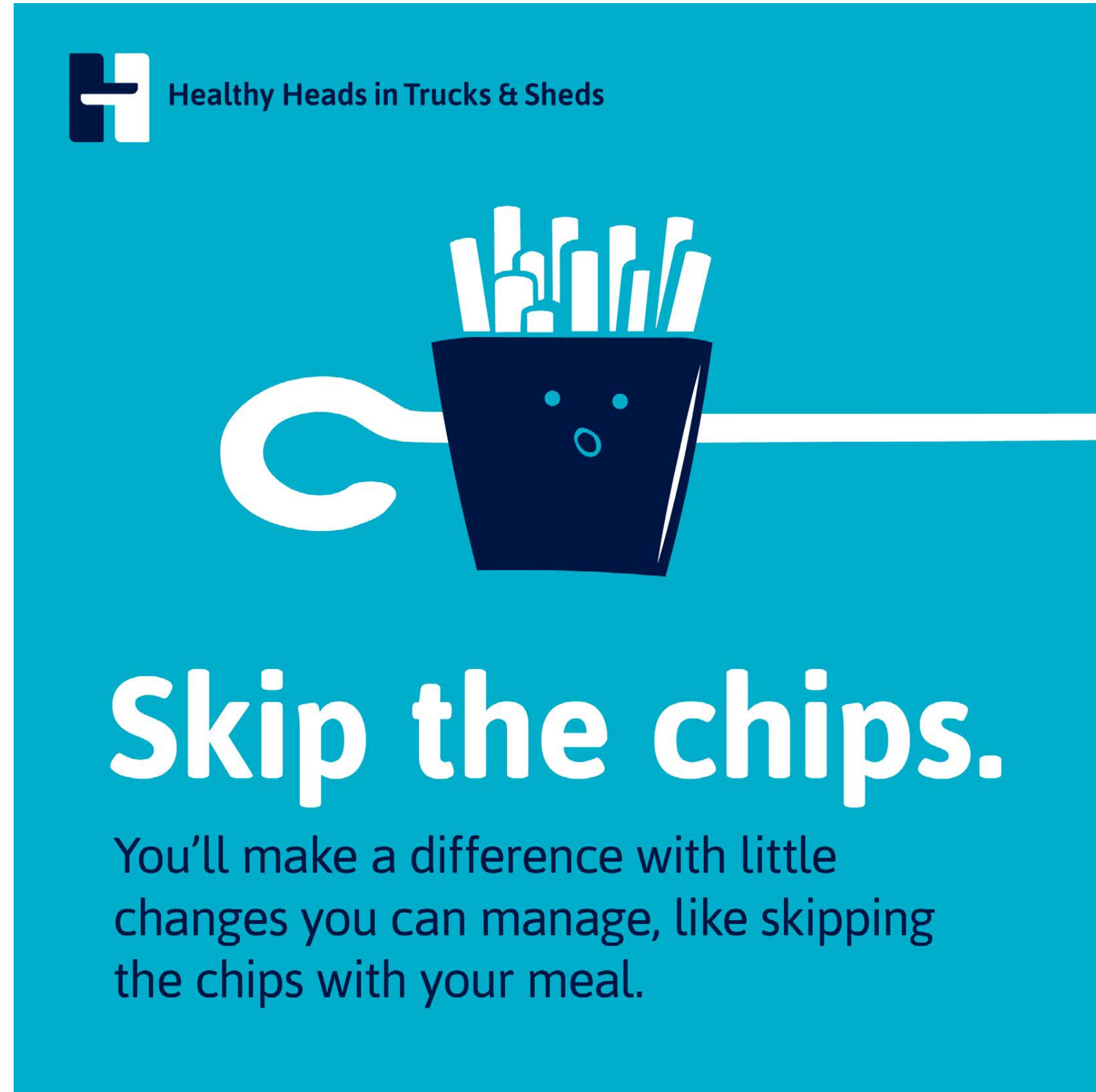
Goodness on the go.

Post:

Sometimes the servo is your only option. Take care of yourself by making the best choice you can with wholegrain wraps, sandwiches and salads that are loaded with veggies, eggs and nutritious snacks.

Skip the chips.

Post:

Working towards a healthy lifestyle can seem intimidating. Something as simple as skipping the chips with your meal or choosing water instead of a soft drink is a huge step towards better health. Applaud yourself for the little things!
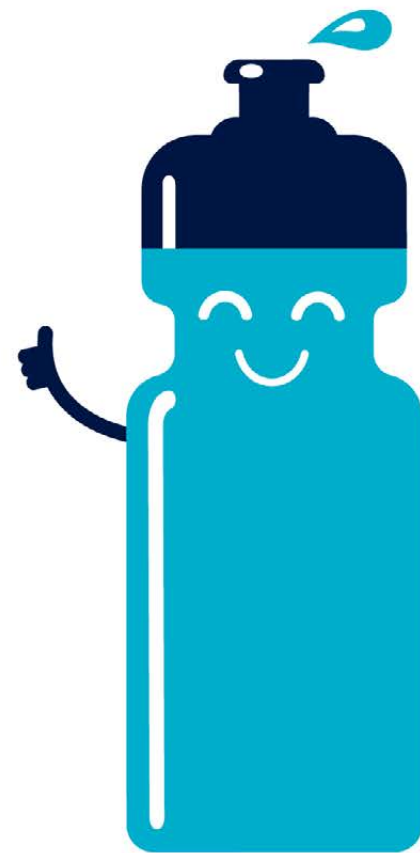
Get protein powered.

Post:

Protein is the key building block for a healthy body. It keeps us fuller for longer between meals, and it helps our bodies repair cells and make new ones. Try to get plenty of lean protein from sources like eggs, fish, chicken and turkey.

Stay hydrated.

Post:

Don't forget to sip! Drinking enough water is crucial for many reasons: keeping your organs functioning properly, regulating body temperature, keeping joints lubricated, prevent infections, and deliver nutrients to cells. Being well-hydrated also improves your mood, your sleep quality, and your cognition.
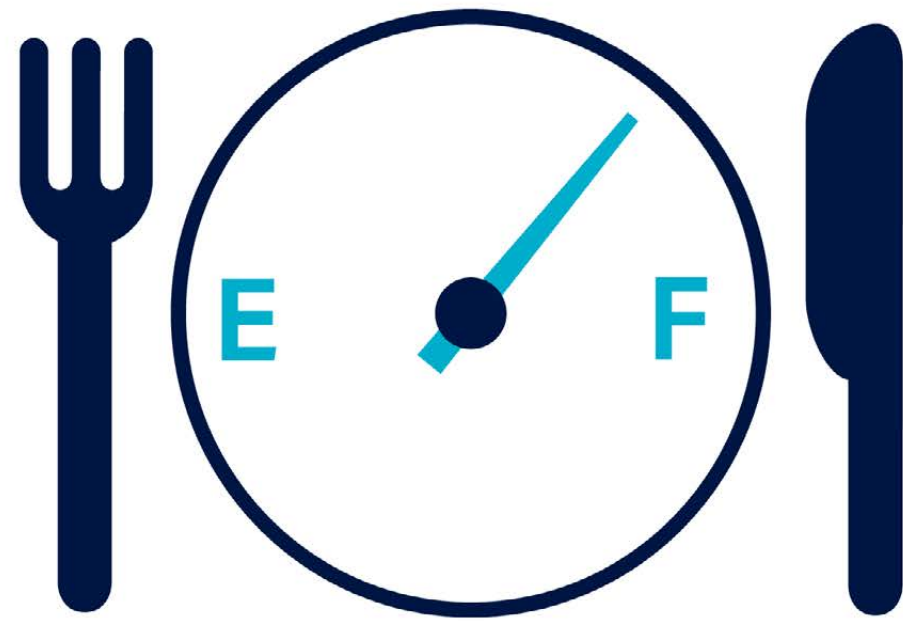
Don't inflame your brain.

Post:

Too many refined sugars and saturated fats can cause inflammation in the brain, negatively affecting our memory and cognitive function. Take care of yourself by keeping junk to a minimum. Your brain will thank you!
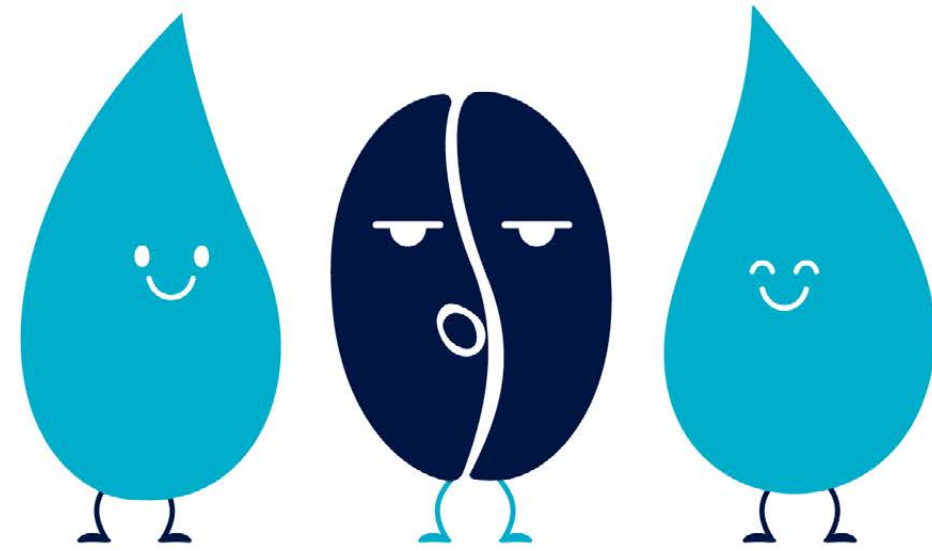
Fuel up often.

Post:

Eating smaller, regular meals can keep your metabolism active. Try to fuel your body often with nutritious snacks and smaller meals rather than loading up on a huge dinner. It'll keep you feeling more energetic, less bloated and functioning at your best.

Less coffee. More water.

Post:

We all love a good coffee, but don't overdo it. Coffee can dehydrate you, and too much can lead to restlessness, irritability and other health problems. Swap a cup of coffee for a glass of water to keep yourself fresh and feeling good.