



Nutrition: Eat Good, Feel Good

We've all heard the old saying "you are what you eat", but have you ever stopped to think exactly how true that is? Put simply, healthy eating is the key to wellbeing. Food affects many areas of our health including our physical health, mental health, energy levels, thinking capacity and sleeping habits. However, due to the COVID-19 pandemic, many of us have been experiencing additional stress and anxiety on top of the stresses of everyday life. As a result, 47 per cent of adults say they're overeating and 38 per cent of adults admit to eating unhealthy foods due to stress. March is National Nutrition Month – we invite you to learn about making informed food choices and develop sustainable healthy eating habits for you and the entire family.

This month's theme provides you with tools to help source healthy foods, ways to limit your sugar intake, how to reduce emotional eating, and how to teach your children about food marketing scams.

This month we challenge you to drink more water. Being well hydrated can help you work to your full potential, feel healthier, and feel more energized. In addition, making water your beverage of choice will reduce your intake of sugary drinks such as pop, juice, and sports drinks.

- [Hydration Challenge](#)

The following resources are also available for you:

- [6 things you can learn from the new Food Guide](#)
- [Chow Down: How a healthy, balance diet can improve your mental health](#)
- [How to curb emotional eating](#)
- [How to spot added sugar in your food](#)
- [How to talk to your kids about marketing](#)
- [How to decode the nutrition label](#)
- [Connect with a Wellness Coach for Free \(Workplace Options\)](#)

Don't forget to check out [Canada's Food Guide](#) or the [Dietary Guidelines for Americans](#) for reliable information and resources and delicious recipes.

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
- PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play