
Healthy Eating

— On a Budget —

Why does wellness matter?

- We are women of purpose working to drive change in our African American communities and beyond.
- What does this work require?
 - Empathy
 - Emotional Capacity
 - Clear Thinking
 - Engagement
 - Energy for Action
- How can we cultivate these attributes sustainably?
 - Healthy Eating
 - Physical Activity
 - Connection
 - Other Supportive Therapies

The Motivation

“Embedded in our oath is the charge to practice self-care, because even our Founders knew the importance of well women in society.” - Deltasigmatheta.org



“If you don't take care of this the most magnificent machine that you will ever be given...where are you going to live?” -Karyn Calabrese

“Feel good. Look good. Do better.” - Alex Toussaint



The Basics

Eat food. Not too much. Mostly plants. - Michael Pollan

- Focus on the nutritional density of the foods you consume.
 - Eat whole foods
 - Minimize highly processed foods
- Eating proper portions is as important as eating the right foods.
 - Better digestion
 - Balanced blood sugar
 - Weight loss
- Vegetables and fruits should form the basis of a clean eating lifestyle.
 - Loaded with fiber, vitamins, minerals, and plant compounds that help fight inflammation and protect your cells from damage.

Just Plain Water

Drinking enough water each day is an invaluable part of healthy eating basics.

- Regulates body temperature
- Keeps joints lubricated
- Prevents infections
- Delivers nutrients to cells
- Keeps organs functioning properly
- Improves sleep quality, cognition, and mood
- Dehydration can often be mistaken for hunger

The Transition

- Add at first, don't take away
 - Add vegetables, whole grains, and water
 - "Crowd out"
 - "Intuitive eating"
- Make small changes
 - Pick 1 or 2 "challenges" to focus on once a week or once a month
 - Try making your favorite dishes or drinks with healthy swaps
 - Experiment with spices to "doctor up" an simple healthful meal
- Seek support
 - Find a healthy food blog or fun recipe book for meal ideas
 - Connect with sorors / friends / family who are on a similar journey
- Plan, plan, plan!
 - Meal planning and prep will help you eat healthier and save you money

The Budget

Foundational.

- Go for organic (most of the time)
- Buy in bulk & on sale
- Use your freezer
- Show off your knife skills
- Meal prep
- Save for the “treat meal”

Out of the box!

- Try sprouting
- Shop at your local farmers market or join a CSA (community supported agriculture)
- Find a meat or fish “share”
- Grow your own!

The Equipment

Prep

- Knives
- Cutting board

Cook

- Rice cooker
- Crockpot
- Pressure cooker

Save

- Vacuum sealers
- Bags
- Containers

Have Fun With It!