

Welcome to our March Newsletter!

Spring is in full swing, and we have been busy at Project Food with new sessions and exciting events. This month, we are focusing on the principles of eating well and how they can help you feel good both physically and mentally.

Following healthy eating principles is essential for maintaining overall health and well-being and we will be covering some key reasons why it's important. Long time followers of Project Food will be familiar with these, but it's always good to remind ourselves of what we need to focus on and why.

We hope you enjoy this month's newsletter and find the information helpful and motivating. Let's embrace the principles of eating well together and make positive changes for a healthier, happier life!

Warm regards

Kerry and the Project Food team



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Healthy eating principles are crucial for maintaining overall health and well-being. A balanced diet supports physical health by providing essential nutrients, boosting energy levels, and reducing the risk of chronic diseases. It also enhances mental health by improving mood, reducing stress, and supporting cognitive function. Additionally, healthy eating promotes longevity, strengthens the Immune system, aids in weight management, improves digestive health, and contributes to radiant skin. Embracing these principles can lead to a healthier, happier life. So, what are Project Food's top tips for a healthy balanced lifestyle?

Eat more fruits and vegetables: Incorporate a variety of colourful fruits and vegetables into your meals to boost your nutrient intake.



Whole grains and pulses: Opt for whole grains and pulses to improve digestion and maintain energy levels throughout the day.

Reduce ultra-processed foods: Minimize consumption of ultra-processed foods to enhance overall health.



Use fats, salt, and sugar sparingly: Moderation is key when it comes to fats, salt, and sugar.

Limit alcohol: Keep alcohol consumption in check to support your well-being.



Mindful eating: Pay attention to how, when, and where you eat to cultivate a healthier relationship with food.

Increase activity levels: Stay active to complement your healthy eating habits.



Stay hydrated: Staying hydrated is crucial for maintaining good health and overall well-being.

Why should we do this?



Nutrient intake: Healthy eating ensures you get a balanced intake of essential nutrients like vitamins, minerals, proteins, and healthy fats. These nutrients are vital for your body's functions, including growth, repair, and energy production.

Disease prevention: A diet rich in fruits, vegetables, whole grains, and lean proteins can help prevent chronic diseases such as heart disease, diabetes, and certain cancers. Healthy eating can also reduce the risk of obesity.



Weight management: Following healthy eating principles helps you maintain a healthy weight. It promotes portion control and reduces the consumption of empty calories from sugary and processed foods.

Mental health: Good nutrition positively impacts your mental health. Certain nutrients, like omega-3 fatty acids, are known to improve mood and cognitive function. A balanced diet can help reduce symptoms of depression and anxiety.



Energy levels: Eating a balanced diet provides sustained energy throughout the day. It helps avoid energy crashes from consuming too much sugar or processed foods.



Digestive health: Healthy eating supports your digestive system.

Fibre-rich foods, such as fruits, vegetables, and whole grains, promote regular bowel movements and prevent constipation.



Longevity: Adopting healthy eating habits can contribute to a longer, healthier life. It supports your body's functions and helps you stay active and vibrant as you age.

By following healthy eating principles, you can improve your quality of life and enjoy better physical and mental health.

Join Us in Growing a Greener Community!

Are you passionate about gardening and making a positive impact in your community? Project Food is looking for enthusiastic volunteers to help us cultivate our charity garden!

Why volunteer with us?

Make a difference: Your efforts will directly contribute to providing fresh produce for local families in need.

Learn and grow: Gain valuable gardening skills and knowledge while working alongside experienced gardeners.

Connect with others: Meet like-minded individuals and build lasting friendships within our community.

Enjoy the outdoors: Spend time in nature, get some fresh air, and enjoy the beauty of our garden. If you're interested in volunteering, please contact us at kerry@project-food.org.uk. No prior gardening experience is necessary – just a willingness to learn and a love for helping others!

Together, we can grow a greener, healthier community. We look forward to seeing you in the garden!

