

# Staying nourished



Our bodies need food to nourish and sustain them. Yet when you're working flat out it's easy to forget to make time to eat or maybe you've found that your appetite has changed. Maybe you can't manage what you used to, either because of too many demands, through worry or not being home for supper in time anymore. Or maybe you're simply not hungry.

If you can't manage a full meal try eating healthy, nutritious, high protein snacks instead. Try dried fruit, nuts and seeds, hard boiled eggs, cheese or hummus and veggie sticks.

Comfort food has its place, but try and keep it in moderation. Pace yourself. Keep some of the chocolate cake or hobnobs for another day.

Eat slowly and mindfully, let yourself enjoy the taste, smell and sight of your food. Sit down somewhere away from work or the news if you can. Be with those you love if you are able.

Eat when you are hungry, stop when you are full. If you don't feel able to eat, make sure you stay hydrated or try something light and easy to digest such as soup.

If possible, let others do the cooking and experiment with meals and what you put in your lunch box, if you take one to work.