

The Importance of Proper Nutrition

Dr. Uche Odiatu

General Dentist and Fitness Expert

MAKE A PLAN

- Many people eat by happenstance. They leave for the office with no nutritional plan. But when there is no plan, we are more likely to be seduced by the unhealthy, convenient options that available to us. By intentionally planning your nutritional intake, you can increase energy levels and boost the immune system.

MANAGE YOUR ENVIRONMENT

- Studies show that if you provide healthy foods in the immediate environment, you are more likely to eat them. But studies also show that unhealthy foods in the immediate environment will lead to unhealthy eating habits. Either way you are sabotaging yourself, but by stocking the office fridge with healthy foods, you can sabotage yourself in a good way.

TAKE BREAKS BETWEEN MEALS

- It turns out that being hungry is not such a bad thing. Studies show that taking up to 5 hours between meals has a stabilizing effect on gut flora and reduces inflammation which can precede obesity and diabetes.

EAT MORE VEGETABLES

- Vegetables are the food group most often lacking in North American diets. Less than 5% of adults eat the recommended 5-9 servings per day. The lack of vegetable intake is a major reason that adults lack fibre.

DR. ODIATU'S LUNCH PACK RECOMMENDATIONS FOR BUSY DENTISTS

- Nuts – almonds and walnuts
- Vegetables – celery, sugar snap peas
- Plain yoghurt
- Fruit – apples, bananas, mixed berries
- Instant organic oatmeal