

Spring into Nourishment!

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Parlons-en. **paesf**

5 Bright Ideas To Refresh This Spring

Say goodbye to the sluggish winter blues and hello to a radiant, thriving you! Spring is all about fresh energy and new routines — and there's no better time to hit the refresh button on your eating habits. Here's your action plan for blooming from the inside out!



More Greens, Please

Fruits and vegetables are nature's multivitamins. They supply antioxidants, fiber, and essential nutrients that promote digestion, boost immunity, and support mood. Challenge yourself to nutrient-boost your plate with more greens and "eat the rainbow" by incorporating a variety of colourful produce every day.

Snack Smarter

Busy days call for smart snacks! Aim for options that combine protein and fiber to keep you feeling energized. Keep snacks like hummus with baby carrots, peanut butter with crackers, or Greek yogurt with nuts on stand-by. Healthy snacks help prevent the "hangry" crashes and keep your energy steady between meals.



Omega-3 Power

Want better focus, less stress, and a brighter mood? Add omega-3s to your plate! Fatty fish like salmon, flaxseeds, and walnuts are easy wins. These healthy fats are brain food, plain and simple.



Fiber Up!

Fiber isn't just for digestion — it's a secret weapon for balanced energy and better gut health. Load up on berries, lentils, broccoli, and whole grains to keep things moving (literally) and feed your gut bacteria the good stuff they love.

Practice Mindful Eating

In a world of constant distractions, mindful eating is a total game-changer. Slow down, savour your food, and check in with your hunger cues. Whether it's stomach hunger, mouth hunger, or heart hunger, tuning into your body helps you make choices that leave you feeling genuinely satisfied.



Spring is calling — and it's asking for a you that's energized, balanced, and blooming with vitality!

Contact FSEAP to connect with a Registered Dietitian and get started with your spring refresh today.

