

Fall Back into Balance

5 Nutrition Habits for a Healthy Fall

The transition from summer to fall is a natural moment to re-establish healthy routines to support your health goals, and refocus on nourishing foods that help you feel your best. These tips will get you started to build a healthy eating routine that supports balance, energy, and resilience in mind and body for the fall season.



1. Try a Sunday Reset

Start the week with a short routine that helps you feel more organized and nourished:

- Set a dinner plan for the week
- Grocery shop or order a grocery delivery
- Batch cook a hearty meal like a soup, chilli or stew
- Portion out some healthy snacks in advance

2. Prioritize Protein at Every Meal

Protein isn't just for athletes—it's key for managing cravings, maintaining muscle mass, keeping blood sugar steady, and supporting immunity.

- Include eggs, yogurt, fish, tofu, lentils, or nut butter with meals
- Aim for a protein source at breakfast to stay full longer
- Snack on roasted chickpeas, edamame, or Greek yogurt



3. Add Mood-Supporting Nutrients

Changing light and schedules can impact mood and motivation. Food can help:

- Omega-3s (salmon, walnuts, chia seeds) for brain support
- Magnesium (pumpkin seeds, leafy greens, beans) for calm
- Vitamin D (eggs, fortified foods like milk and yogurt) + sunlight for mood balance





4. Give Your Staples a Healthy Boost

Having nourishing basics on hand makes last minute mealtime solutions quicker and healthier. Stock your kitchen with:

- Dry goods: oats, quinoa, lentils, canned tomatoes
- Proteins: canned tuna, beans, eggs, nut butters
- Easy add-ons: frozen spinach or broccoli, pre-washed greens, jarred sauces
- Healthy snacks: trail mix, popcorn, fruit, yogurt

5. Crowd In, Don't Cut Out

Instead of focusing on restriction, shift your attention to adding more of what supports your body. If you do end up switching out some less nutritious foods, the mentality will be positive, motivating, and guilt and deprivation-free.

- More fibre, more colour, more variety
- More mindfulness during your meals
- More hydration, more nourishment, more balance

For support, motivation and expert guidance to build a nourishing routine this fall, connect with a Registered Dietitian. Together you will co-create a fall routine that nourishes your body, works with your lifestyle, and supports your health goals!

