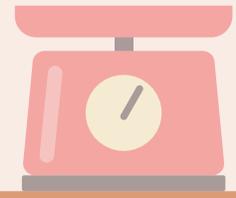


# TIPS FOR IMPROVING YOUR NUTRITION

Circle one or two items you want to practice throughout the week.



DRINK MORE WATER



EAT MORE PLANTS AND WHOLE GRAINS FOR FIBER



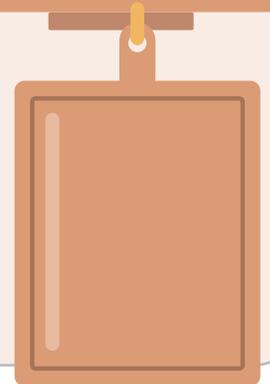
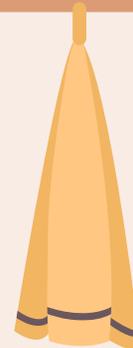
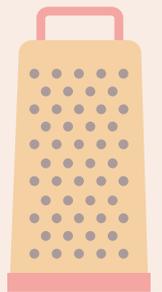
USE SWEETENERS AND SALT IN MODERATION



EAT MORE PLANT-BASED FATS



READ FOOD LABELS



## THE RELATIONSHIP BETWEEN NUTRITION AND PERSISTENT PAIN

### FOOD AS FUEL

Eating healthy and nutritious food is important for many reasons. One of the biggest benefits it provides for individuals with persistent pain is increased energy levels. Your energy level greatly impacts your ability to make behavior changes in other important areas like sleep, physical activity, and your mood and mindset. Food can be part of your plan to reduce pain.

You can work on several eating behavior changes to improve your pain experience. Be sure to work with your healthcare provider before making substantial changes with your nutrition. Review the descriptions from the first page below and see if you can track your food changes in the food diary on the next page.

#### › DRINK MORE WATER

- Drink about 8 cups of water every day and a little more if you exercise. More water consumption will keep you hydrated, make you feel better, help you think clearly, and help you feel energized.

#### › EAT MORE PLANTS AND WHOLE GRAINS FOR MORE FIBER

- Vegetables and fruits are full of fiber and nutrients, which help with digestion and energy levels. For more fiber, try also replacing white breads and rice with whole grains.

#### › EAT MORE PLANT-BASED FATS

- While fat is important for energy, eating too much animal fat can lead to poorer heart health. Eating more plant-based fats like those found in nuts, seeds, avocados, and olive oil provide the energy boost you need, without the negative impact on your health.

#### › USE SWEETENERS AND SALT IN MODERATION

- Both sugar and salt affect energy levels. If you eat a lot of sugar, reduce the amount or use whole fruits as a natural sweetener. Consider using spices, lemon juice or vinegar instead of salt to season your food.

#### › READ FOOD LABELS

- The healthiest foods don't need an ingredient list: fruits, vegetables, proteins and whole grains can all be bought without added ingredients. When buying packaged foods, look for shorter lists of ingredients.

---

Want to learn more? Request to meet with a registered dietitian nutritionist! They can help you develop a nutrition plan for your specific needs.

National Academy of Nutrition and Dietetics: <http://www.eatright.org/food>

# FOOD DIARY

WEEK OF _____	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FILL OUT EACH MORNING.							
<b>HOW WOULD YOU RATE YOUR ENERGY LEVEL TODAY?</b> 1 = LOW ENERGY, 2 = MODERATE ENERGY, 3 = HIGH ENERGY							
<b>BELOW: WRITE DOWN SOME NUTRITION TIPS FROM THE FIRST PAGE THAT YOU WANT TO WORK ON INCLUDING IN YOUR DAILY NUTRITION.</b>							
Water: 8 cups a day.							
Increase plants and whole grains							
Read food labels							
Eat more plan-based fats							
Use sweetener and salt in moderation							

MARK AN "X" IN A BOX IF YOU ACCOMPLISHED THAT NUTRITION CHANGE FOR THAT DAY. ON THE BACK OR A SEPARATE JOURNAL, DESCRIBE WHAT YOU ARE NOTICING ABOUT HOW YOU FEEL ONCE YOU START MAKING NUTRITION CHANGES.