

YOUR WINTER NUTRITION

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Winter brings us shorter feeling days and colder temperatures, which often means decreased motivation and energy for many people. Sugary treats are plentiful, comfort foods seem to be all around and exercise is probably the last thing on your mind.

A nutritious diet is here to help you get through this season. Here are some tips to help improve your nutrition this winter.

1. Focus on healthy carbohydrates

The long hours of darkness winter brings can lead to drops in serotonin levels, which may bring us more of the winter blues this time of year. Unfortunately, it can bring on food cravings as well. Eating healthy carbohydrates can help boost these levels. Try incorporating more whole grains, sweet potatoes, squash, beets and nuts.

2. Eat an abundance of fruits and vegetables

Keep plentiful amounts of fruits and vegetables around this winter season. Even if your favorites are out of season, try frozen versions instead of canned. Frozen fruits and vegetables are generally less processed and often have less amounts of sugar added. Try these in season fruits and vegetables: squash, broccoli, Brussel sprouts, turnips, oranges, tangerines and pomegranates.

3. Don't forget about protein

It's not uncommon to eat more carbohydrates and sugar during the winter months due to the holidays but don't forget about the protein. Eating high quality protein sources at each meal helps to maintain blood sugar levels and provide you with satiety.



4. Drink more water

With cooler temperatures we often don't feel thirsty as often. Make sure to keep yourself hydrated to avoid dehydration. Many people may feel more tired during the day or late afternoon if they are not drinking enough water daily. Try out caffeine free options such as herbal tea and sparkling water for a little variety.

5. Practice moderation

You don't have to avoid your favorite desserts or meals, instead practice moderation and watch your portions. Consider trying fruit for that sweet fix you might crave.

6. Eat on a regular schedule

Keep eating regularly every 3-5 hours. It can help you feel full and satisfied throughout the day without the temptation to overeat. A regular meal pattern can also help stimulate your metabolism and keep your energy levels consistent throughout the day. You may even notice reduced cravings of non-nutritive foods.

