

ESSENTIAL TIPS *for*

HEALTHIER EATING

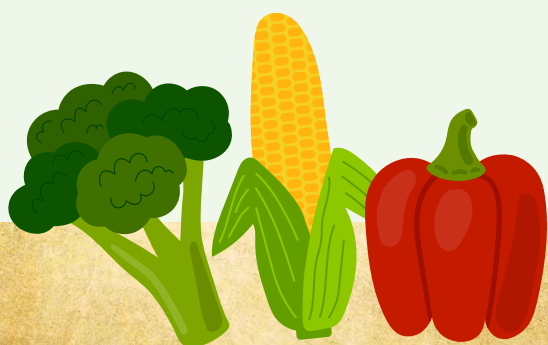


A healthy diet is less about strict rules and more about the small, thoughtful choices you make each day. What you put on your plate fuels your body and your mind. It can shape how you feel, think, and move.

This month, we highlight the connection between nutrition and mental well-being to help you build a more thoughtful relationship with food and form eating habits that support long-term health.

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THE ROLE OF NUTRITION IN MENTAL HEALTH

What you eat feeds your brain as much as your body. Research consistently shows a strong connection between diet quality and mental health.

- **Brain-boosting nutrients**
Foods rich in omega-3 fatty acids (such as salmon, walnuts, and flaxseeds) support brain function and may help reduce symptoms of anxiety and depression.
- **Balanced blood sugar = balanced mood**
Nutrient-filled meals that combine protein, fiber, and healthy fats help prevent blood sugar spikes and crashes, which can affect mood, concentration, productivity, and energy levels.
- **The gut-brain link**
A healthy gut supports the production of neurotransmitters like serotonin, which plays a role in emotional regulation. Eating fiber-rich foods and consuming probiotics (beneficial bacteria found in yogurt or fermented foods) can support gut-brain health.

EASY SWAPS FOR A HEALTHIER DIET

Improving your eating habits doesn't require a drastic change. Start with simple substitutions that can make a big difference:

- **Swap white bread for whole-grain bread** to increase fiber intake and keep you fuller longer.
- **Choose water or sparkling water instead of sugary drinks** for better hydration and less added sugar.
- **Replace chips with nuts, seeds, or air-popped popcorn** for a more satisfying and nutrient-dense snack.
- **Use olive oil in place of butter** to reduce saturated fats while still enjoying great flavor.
- **Opt for a small piece of dark chocolate or fruit instead of desserts** to satisfy a sweet craving while adding vitamins, fiber, and antioxidants.

Keep it realistic. Plan simple meals and snacks ahead of time, keep healthy options visible and accessible, and allow flexibility.

BETTER HEALTH, ONE BITE AT A TIME

Healthy eating should fit your life, not the other way around, and balance matters more than perfection. By making a few intentional swaps and understanding how nutrition supports your mental health, you can support both your physical health and your mental well-being at work and at home.

EAP WEBINAR

Nourish and Flourish: BALANCED NUTRITION ESSENTIALS

Wednesday, August 12, 2026 2-3 p.m. E.T.



Smart snacking can boost your overall health and help keep your blood sugar levels steady. Attend this webinar to understand the benefits of mindful eating and how choosing the right foods can give your body the nutrients it needs. We'll incorporate helpful tools to spot any gaps in your diet and discuss different types of fiber, how it helps you stay fuller for longer, and delicious ways to include more of it in your diet.

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