



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



EAT LIKE THE CHIEFS: NUTRITION TIPS

ROOKIE MISTAKES TO AVOID WHEN WATCHING YOUR WAISTLINE

As warm weather approaches, many of us are looking to remove some quarantine layers. Now is the time to review and modify some unproductive eating habits. Calories can be very sneaky, so here are some tips to get the most nutrition out of them.



HIDDEN CALORIES

Beverages, condiments, and dry snacks can quickly add calories to your daily intake without any real satisfaction or nutritional benefits. Avoid that handful of pretzels and opt for a more filling snack like an apple with peanut butter. Instead of soda or energy drinks, reach for low calorie beverages like sparkling water, black coffee, or unsweetened teas. Avoid condiments altogether or get them on the side to use sparingly.

PORTION CONTROL

Pay attention to portion sizes. Over the years, portion sizes have increased dramatically leading to a distorted view of what your body actually needs. Use a smaller plate to create reasonable portions. When it comes to snacks, put a small portion into a bowl and put the rest away so you don't mindlessly overeat.

HYDRATE

Signals of dehydration often mimic hunger cues. Drink a full glass of water upon waking to jump start your metabolism and a full glass 30 minutes before each meal. A well hydrated body will function more efficiently and can clearly tell you when you are full.

SLEEP

Major carb cravings can occur when we're overtired. The body craves the quick energy of carbs when it needs a boost. Sleep will help keep this stress response at bay while also preventing late night cravings from sabotaging your health goals.

BURN EXTRA CALORIES

When running errands or heading into work, park as far away from the door as possible. Use the stairs instead of an elevator. Get a standing desk or balance ball to use instead of a chair. Take a walk on your lunch break to increase your focus and avoid the afternoon slump. Get a fitness tracker to document your movements. Many will prompt you to move every hour, remind you to drink water, and even track your sleep stages.

Small changes can have a big impact when consistently applied. Coupling increased movement with modified caloric intake can lessen some of that extra padding while increasing your overall health.



ERIN WISHON

Senior Executive Chef Erin Wishon is in her fifth year in Kansas City, directly overseeing both team and stadium culinary operations while providing two to three meals a day, six days a week for players and coaches with a focus on sports performance and nutrition. Prior to her time in Kansas City, Wishon oversaw culinary operations of three different NFL stadiums, an MLB stadium and multiple convention centers. She also served as an executive chef for the Major League Baseball All-Star Game in 2012 and advised the host facility with Super Bowl LII planning.

Explore more at the [Chiefs Wellness Program homepage](#) -->