



## Tips for Daily Lifestyles

### Nourishing Your Body, No Matter Your Lifestyle

Whether you're a busy professional, a student on a budget, an athlete, or a parent, it's essential to prioritize healthy eating. Here are some tips to help you eat right, your way, every day.

#### Career-Driven Individuals

- **Desktop Dining:** Keep healthy snacks like nuts, fruits, yogurt, or whole grain crackers at your desk.
- **Smart Meal Prep:** Prepare meals in advance to save time and ensure healthy eating.
- **Mindful Eating:** Pay attention to portion sizes and avoid mindless snacking.

#### Students

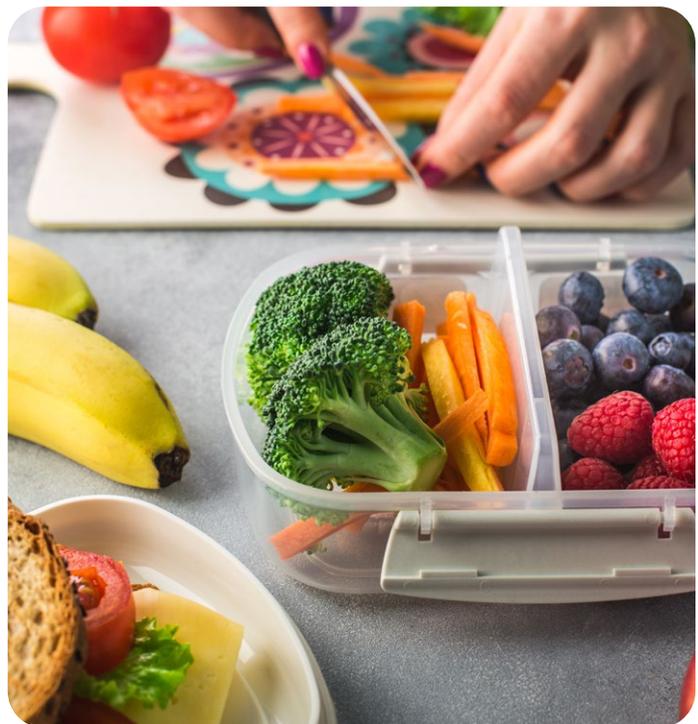
- **Budget-Friendly Eating:** Opt for affordable, nutrient-dense foods like beans, lentils, whole grains, and fruits.
- **Dorm Room Dining:** Stock up on healthy snacks like granola bars, nuts, and dried fruit.
- **Cafeteria Choices:** Choose grilled or baked options over fried foods. Load up on fruits, vegetables, and lean protein.

#### Athletes

- **Pre-Workout Fuel:** Consume a light meal or snack with carbohydrates and protein, such as a banana with yogurt or a whole grain toast with peanut butter.
- **Post-Workout Recovery:** Replenish your body with a combination of carbohydrates and protein, like a smoothie or a protein shake.
- **Hydration:** Drink plenty of water throughout the day, especially before, during, and after exercise.

#### Families

- **Involve the Family:** Encourage family members to participate in meal planning and preparation.
- **Cook Smart:** Prepare meals in larger batches and freeze leftovers for quick and easy dinners.
- **Healthy Snacks:** Keep healthy snacks on hand to avoid unhealthy snacking.





## Vegetarians

- **Protein-Packed Meals:** Incorporate plant-based protein sources like beans, lentils, tofu, and nuts into your diet.
- **Nutrient-Dense Foods:** Prioritize fruits, vegetables, whole grains, and low-fat dairy products.
- **Vitamin B12:** Ensure you're getting enough vitamin B12, as it can be difficult to obtain from plant-based sources alone. Consider fortified foods or supplements.

**Remember:** A balanced diet is key to overall health and well-being. By making informed food choices and incorporating healthy habits into your lifestyle, you can nourish your body and achieve your health goals.

For more personalized advice, consult with a registered dietitian.

**We're committed to your health. Contact us today for more information.**



**Advanced Diabetes Supply**  
Website: [www.advanceddiabetessupply.com](http://www.advanceddiabetessupply.com)  
Patient Support: 1-866-422-4866  
Email: [customer-care@northcoastmed.com](mailto:customer-care@northcoastmed.com)



**US MED**  
Website: [www.usmed.com](http://www.usmed.com)  
Patient Support: 1-877-840-8218  
Email: [customerservice@usmed.com](mailto:customerservice@usmed.com)