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Beyond the Plate: How Nutrition Impacts Your Overall Health

CalVEBA Wellness Team · 4 min read

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Did you know?

A recent survey from the American Gastroenterological Association revealed that nearly 40% of Americans have limited their daily activities due to digestive issues.*

Let's explore how improving your gut health through diet can transform your overall health.

The Gut-Health Connection: Fueling Your Well-being

What you eat directly impacts how you feel—it's not just a saying; it's a fundamental truth. If you're feeling sluggish, experiencing digestive issues, or just not at your best, the answer might be on your plate. A well-balanced diet and a healthy gut are cornerstones of vibrant well-being and play a critical role in preventative care.

Discover how nourishing your body from the inside out with the right foods can transform your health and fuel your body and mind.

Gut health can impact your health in many ways, including:

Inflammation

Chronic inflammation can lead to autoimmune diseases and obesity.

Your Immune System

An unhealthy gut increases the risk of infections and disease.

Weight Management

A gut bacteria imbalance can contribute to weight gain.

Skin Health

Imbalances can cause conditions like acne, eczema, and psoriasis.

Mental Health

Imbalances can lead to mood disorders (anxiety and depression).

Energy Levels

An unhealthy gut can lead to fatigue.

Nourishing Your Body: Practical Tips

Improving your digestion starts with good gut health. This entails adding the right types and varieties of foods to your diet, controlling portion sizes, staying active, and being mindful of your body's signals after eating.

Here are some specific tips:





Focus on Fiber

Load up on fiber-rich foods like fruits, vegetables, and whole grains. Aim for at least five servings of fruits and vegetables daily.



Variety is Key

Include a colorful array of fruits and vegetables to ensure you're getting a wide range of vitamins and minerals.



Portion Control

Use smaller plates and bowls. Measure your portions to get a better sense of how much you're eating. Be mindful of hunger cues and avoid overeating.



Stay Active

Regular physical activity supports healthy digestion and overall well-being.

Mindful Eating

Pay attention to how your body feels after eating. Avoid eating too quickly and allow your body time to digest.

Supporting a healthy gut starts with a nourishing morning meal, as this sets the stage for efficient digestion and nutrient absorption throughout the day.

Want to learn how to make the most of your breakfast to benefit your gut and overall well-being? Download our [Build a Better Breakfast](#) guide.

Inside, you'll discover why protein and fiber are so important for sustained energy and a healthy gut ecosystem, along with delicious recipes to help you incorporate them.

Additional Resources

Cooking & Nutrition Hub

Find tools and resources for your journey toward better health and well-being.

Hub Access

Recipe Library

Devour delicious and nutritious recipes the whole family will love.

View Recipes

Class/Event Calendar

Feel more confident in the kitchen by attending a virtual or in-person session on healthy eating or cooking.

Calendar

VEBA Blog

Explore numerous articles related to cooking, nutrition, and overall wellness, including [articles on gut health](#).

Blog Posts

Preventative Care Screenings Infographic

Appointment Ready: Doctor's Visit Prep Guide

Refer to this resource to find out what screenings you need based on your age.

PDF Infographic

This resource provides tools and information to get the most out of your visit to your healthcare provider.

Guide PDF

Need More Support?

Care Navigation – Start your nutritional wellness journey by meeting with a Care Navigator, a Registered Holistic Nurse. Together, you will create a customized strategy to help you become the best version of yourself. To learn more, visit: [Care Navigation](#).

Whole Health Coaching – Get support and guidance for healthy eating and overall wellness with this comprehensive six-session program. Led by trained coaches, you'll develop a personalized plan that focuses on goal setting, behavior change, and habit formation. Visit [Whole Health Coaching](#) to get started.

Benefits Information/Assistance – Reach out to The California Schools VEBA Advocacy Team if you have questions about your benefits. Contact The Advocacy Team at 888-276-0250 Monday-Friday from 8 am-5 pm PST or fill out the contact form [here](#).

*Source: [American Gastroenterological Association: Daily Lives Disrupted By Digestive Troubles](#),

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