



MCA
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Nutrition

Good nutrition is essential for maintaining overall health, boosting energy, and supporting mental and physical well-being. Here are practical nutrition tips to help you make healthier choices for your daily life:

1. Focus on Balanced Meals

- **Use the plate method:** Fill half your plate with fruits and vegetables, one-quarter with lean protein, and one-quarter with whole grains.
- **Include healthy fats:** Incorporate sources like avocados, nuts, seeds, and olive oil.
- **Choose variety:** Rotate foods to ensure you're getting a broad spectrum of nutrients.

2. Stay Hydrated

- **Drink water regularly:** Aim for 8–10 glasses per day, or adjust based on activity level and climate.
- **Limit sugary drinks:** Reduce consumption of soda, energy drinks, and sweetened beverages.
- **Incorporate hydrating foods:** Eat fruits and vegetables with high water content, like cucumbers, watermelon, and oranges.

3. Prioritize Whole Foods

- **Minimize processed foods:** Choose fresh or minimally processed foods over packaged and ready-made meals.
- **Go for whole grains:** Opt for brown rice, quinoa, oats, and whole-grain bread instead of refined grains.
- **Eat seasonal produce:** Enjoy fresh fruits and vegetables in season for optimal flavor and nutrition.

4. Manage Portion Sizes

- **Avoid oversized portions:** Use smaller plates or bowls to help control serving sizes.
- **Listen to your body:** Stop eating when you feel satisfied, not overly full.
- **Measure snacks:** Portion out single servings to avoid overeating directly from large packages.

5. Plan Your Meals

- **Prep in advance:** Prepare meals and snacks ahead of time to avoid unhealthy last-minute choices.
- **Incorporate meal planning:** Create weekly menus to include a variety of nutrients.
- **Batch cook:** Make larger portions of healthy meals and freeze extras for busy days.

6. Limit Added Sugars and Salt

- **Check labels:** Watch for hidden sugars and sodium in packaged foods.
- **Flavor with spices:** Use herbs, garlic, or citrus instead of salt to enhance flavor.
- **Opt for natural sweetness:** Replace refined sugar with fruits or natural sweeteners like honey in moderation.

7. Incorporate Healthy Snacks

- **Choose nutrient-dense options:** Opt for nuts, yogurt, fresh fruit, or vegetables with hummus.
- **Balance macronutrients:** Combine proteins, healthy fats, and carbs for sustained energy (e.g., apple slices with almond butter).
- **Avoid mindless snacking:** Only eat when hungry and avoid grazing out of boredom.

8. Eat Mindfully

- **Slow down:** Chew your food thoroughly and savor each bite.
- **Avoid distractions:** Focus on eating without watching TV or using your phone.
- **Recognize hunger cues:** Eat when you're hungry, and stop when you're satisfied.

9. Don't Skip Meals

- **Maintain consistency:** Eat at regular intervals to keep energy levels stable.
- **Plan breakfast:** Start your day with a nutrient-rich meal like oatmeal, eggs, or a smoothie.
- **Keep healthy snacks handy:** Prepare for busy schedules to avoid skipping meals.

10. Tailor Nutrition to Your Needs

- **Consult a professional:** Seek guidance from a dietitian or healthcare provider for specific health conditions or goals.
- **Adjust for activity levels:** Increase calorie and nutrient intake based on your exercise routine.
- **Consider age and lifestyle:** Modify nutrition plans to meet the needs of different life stages or circumstances.

11. Treat Yourself in Moderation

- **Allow indulgences:** Enjoy occasional treats without guilt, but in controlled portions.
- **Balance it out:** Pair indulgences with nutrient-rich meals throughout the day.
- **Practice moderation:** Avoid over-restricting, as it can lead to binge eating.