



FALL INTO HEALTHY HABITS

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What does it mean to build “healthy habits?”

Having healthy nutritional habits means consistently choosing foods that benefit your overall well-being to provide the body with all the essential nutrients it needs. It takes time to build habits, but dedication will lead to consistency. It's best to start by prioritizing nutrient-dense foods, and finding your own balance when it comes to caloric intake. Eating a variety of whole foods and planning your meals ahead of time is a great way to put these ideas into action. If you consistently practice these healthy nutritional habits you will reduce the risk of chronic diseases, and can enjoy an overall higher quality of life!

Staying Active

Getting in movement everyday is one of the best ways to improve your day-to-day habits and boost your physical health!



Non-Cooking Meal Staples

When looking to develop habits, convenience can play a huge role. Save yourself time and develop some go-to meals for days you are too busy or tired to cook!



Cobb Salad

- Lettuce
- Tomatoes
- Bacon
- Grilled Chicken
- Avocados
- Blue Cheese

Veggie Wrap

- Tortilla
- Fresh Veggies
- Hummus/Cream Cheese



Yogurt Bowl

- Greek Yogurt
- Berries
- Granola
- Honey

Why Whole Foods?



Whole foods are minimally processed and unrefined, with little additives and preservatives added. They tend to be higher in nutrients, such as fiber, vitamins, and minerals than processed foods.

One of the reasons that whole foods are so nutrient dense is because they don't contain the same "empty" calories that most processed foods have. The natural fiber found in whole foods aids in digestion, weight management, and heart health. Whole foods improve digestive health due to their high amounts of prebiotic fibers that provide fuel for the beneficial bacteria in our gut.

Beet and Quinoa Salad

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 2½ tablespoons lemon juice
- 1 medium clove garlic, grated
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 2 cups diced cooked beets (about 8 ounces)
- 1 (15-ounce) can no-salt-added chickpeas, rinsed
- ½ cups cooked quinoa
- 1 cup coarsely chopped arugula or romaine lettuce
- 1 large stalk celery, diced
- 1.2 scallions, thinly sliced



Recipe: EatingWell

Instructions:

1) Whisk 3 tablespoons oil, 2½ tablespoons lemon juice, garlic, 1 teaspoon Italian seasoning, ½ teaspoon salt and ¼ teaspoon pepper together in a large bowl. Add 2 cups beets, rinsed chickpeas, ½ cups quinoa, 1 cup arugula (or romaine), diced celery and sliced scallions; toss to coat.

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