Eating Healthy in the Dental Practice

In 2015 the ADA conducted a Member Health and Wellness Survey and found that 2.5 percent of members were diagnosed with compulsive overeating.

According to the National Health and Nutrition Examination Survey (NHANES) 2009–2010, almost 70 percent of Americans are overweight or obese. While there are many factors that play a role in being overweight or obese, the one that stands out, especially for a busy dental professional is eating habits. The majority of workplace eating options consist of vending machines and the occasional birthday party cake or donut. How we handle eating in the dental practice can have an impact on healthy living, especially on healthy weight management. Here are some healthy eating tips for the dental team to help maintain a healthy body.

1. Healthy eating starts at home with a balanced breakfast. The Academy of Nutrition and Dietetics recommends eating a breakfast consisting of whole grains, lean protein, fruits and vegetables.

2. Pack a lunch and be prepared to eat healthier and save money by avoiding fast food restaurants.

3. If you must eat out, do some research in advance and locate a restaurant that offers healthy meal options.

4. A healthy mid-morning and mid-afternoon snack is a good thing!

5. Avoid mindless eating while at your desk or in between patients.

6. Remember portion control.

7. Read your food labels – nutrition labels are the key to making smarter and healthier food choices.

Consult your medical provider or work with a registered dietician to address questions about your diet – knowing what you should eat or avoid eating is the first step to making healthier choices.

Need help with your meal planning? Visit www.choosemyplate.gov for more information!