



## Healthy Eating

- 1 Choose foods that are rich in fiber, such as whole grains, nuts, fruits and vegetables. Fiber rich foods help maintain healthy cholesterol levels and keep your digestive system working smoothly.
- 2 If you're thirsty, opt for water. Juice, energy drinks and pop are full of sugar and low in vitamins and minerals.
- 3 Try to eat at least 5 portions of fruits and vegetables every day. At meal time, your plate should consist of 50% vegetables!
- 4 Limit intake of transformed food. Remember the best foods for you don't have an ingredient list!
- 5 To save time, prepare healthy meals in advance. Double recipes you like and freeze them. That way you know you have something healthy to eat even when you're short on time.
- 6 Always start your day with a good breakfast, including items from 3 out of the 4 food groups.
- 7 Try something new! Healthy eating means eating a variety of different foods!

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