



Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods



Make water your drink of choice

Choose whole grain foods

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



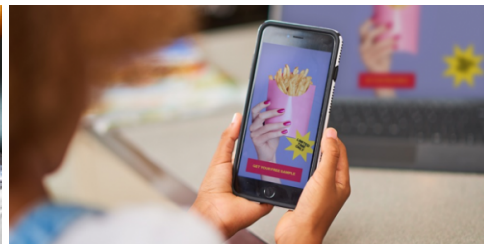
Eat meals with others



Use food labels



Limit highly processed foods



Marketing can influence your food choices

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繁體中文

Português

Ojibwe

Michif

العربية

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