

Healthy Eating

Focus on your habits over time, not just one meal!



Fill up on Fruits,
Veggies & Whole Grains



Choose Lean Proteins:
Beans, Fish, Nuts & Lean Meats



Cook with Healthy Oils:
Olive or Rapeseed



Limit Added Sugar & Salt



Drink Alcohol in Moderation



Pick Minimally Processed Foods

Small Changes Add Up to Better Health!