



CFP

CARTER FAMILY PRACTICE

MODERN MEDICINE,
CLASSIC CARE

Field Notes

HEALTHY LIVING SERIES



Fueling Your Body Well



NOTE
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Eating well doesn't have to be complicated or restrictive.
It's about nourishing your body with foods that give you energy,
support your health, and help you feel your best.

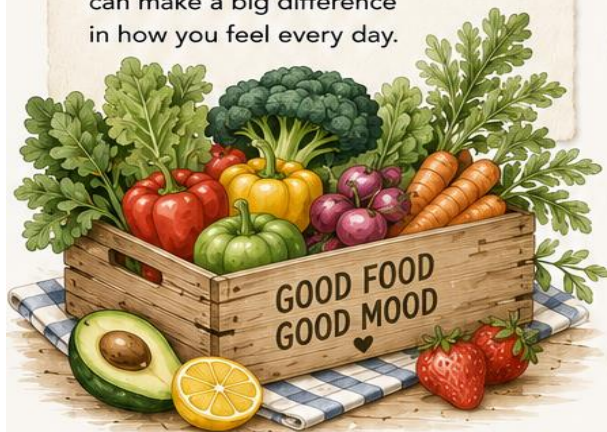
Karen's Corner

There is no "perfect" way to eat.
The best way is the one you can
stick with most of the time.

Focus on whole foods, balance,
and portion awareness.

Listen to your hunger and fullness
cues, and give yourself grace.

Small, consistent choices
can make a big difference
in how you feel every day.



FIVE WAYS TO FUEL YOUR BODY WELL



EAT A BALANCED MEAL

Include a variety of foods—lean protein,
healthy fats, vegetables, fruits, and
complex carbohydrates.



DRINK MORE WATER

Water supports your energy, digestion,
skin, and overall health.
Aim to sip throughout the day.



FILL UP ON PLANTS

Fruits, vegetables, beans, and whole grains
are full of vitamins, minerals, and fiber
that your body needs.



EAT WITH AWARENESS

Slow down, enjoy your food, and pay
attention to your hunger and fullness.
Your body knows what it needs.



PLAN WHEN YOU CAN

Having healthy options on hand
makes it easier to make good
choices, even on busy days.

Karen's Tip

Nourishment isn't just about food.
It's also about rest, movement, connection,
and taking care of your mind.



Questions? Need an Appointment?

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I'm Here for You

Every person's journey looks different.
My goal isn't to give you a perfect plan—
it's to help you find healthy habits
that fit your life.

Keep asking questions, keep learning,
and keep moving forward.

— Karen



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Visit CFPCareHub.com for Field Notes, wellness resources,
and patient education.