

Healthy Eating Tips

Focus on your well-being.



Nutrient-dense foods have many benefits, including boosting energy, protecting against disease, and supporting your overall physical and mental health.

Eat a balanced diet.



Healthy eating includes carbohydrates, protein, healthy fats, and fiber. While focusing on fruits, vegetables, and wholegrains, a balanced diet includes a variety of foods to ensure you get an assortment of vitamins and minerals.

Drink water more often.



If possible, keep a re-usable water bottle with you throughout the day to make water an easy choice.

Cook when you can.



If you have the opportunity to cook, try to choose homemade meals over highly processed foods. Creating a meal plan in advance can help your meals be made up of nutritious, cost-effective foods.

Enjoy your food.



Take time to enjoy your meals with others or by yourself. Eat foods that taste good and eat them slowly. Try to avoid mindless snacking while doing activities such as watching T.V.

Keep healthy snacks.



Make it easier to reach for fruits, vegetables, and other healthy snacks by having them accessible and easy to grab if you are feeling hungry between meals.

Limit alcohol.



Alcohol provides little or no nutritional value and is linked with a number of health risks.