

March Topic: Healthy Eating

Food is fuel for the body. To be at your best you need to eat nutrient-dense foods such as whole grains, lean proteins, fruits, vegetables and low-fat dairy products. These power-packed foods contain the most vitamins and minerals, which provide you with quality energy for the least amount of calories.



You can also eat healthier by:

- Making half of your plate fruits and vegetables
- Making at least half of your grains “whole grains”
- Switching to fat-free or low-fat milk
- Choosing foods with less sodium
- Drinking water instead of sugary drinks



In addition to what you eat, you need to be aware of when and why you eat. Do you eat when you're bored or stressed? Do you eat

because you're sad? Mindful eating is about paying attention to your hunger cues and level of fullness.



Living a healthy lifestyle takes time, but it's never too late to start!



Presented by NHCH Health Promotion
For more information call us:
808-471-2280

