

# Eat well. Live well.

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



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# Eat well. Live well.

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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**Healthy eating is more than the foods you eat. It is also about where, when, why and how you eat.**

**Be mindful of your eating habits**

- Take time to eat
- Notice when you are hungry and when you are full

**Cook more often**

- Plan what you eat
- Involve others in planning and preparing meals

**Enjoy your food**

- Culture and food traditions can be a part of healthy eating

**Eat meals with others**

**Make it a habit to eat a variety of healthy foods each day.**

**Eat plenty of vegetables and fruits, whole grain foods and protein foods. Choose protein foods that come from plants more often.**

- Choose foods with healthy fats instead of saturated fat

**Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.**

- Prepare meals and snacks using ingredients that have little to no added sodium, sugars or saturated fat
- Choose healthier menu options when eating out

**Make water your drink of choice**

- Replace sugary drinks with water

**Use food labels**

**Be aware that food marketing can influence your choices**

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