

# 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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Healthy eating is more than the foods you eat



**Be mindful of your eating habits**



**Cook more often**



**Enjoy your food**



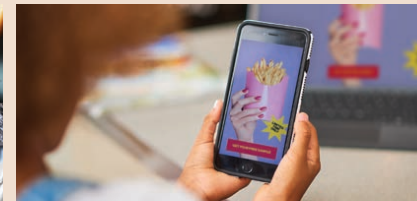
**Eat meals with others**



**Use food labels**



**Limit foods high in sodium,  
sugars or saturated fat**



**Be aware of food marketing**

# Healthy eating recommendations



**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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