



TOP 10 TIPS FOR HEALTHY EATING

Making healthy food choices doesn't have to be overwhelming. These tips will get you on your way.



COOK AT HOME MORE OFTEN

Cooking at home makes it easier to avoid processed foods. It can be as simple as scrambled eggs, whole grain toast, tomato and cucumber slices.



HOW YOU EAT IS AS IMPORTANT AS WHAT YOU EAT

Enjoy mealtimes and the food you eat! Don't multitask. Avoid distractions like your computer or TV while you eat. Sit down and enjoy a meal at the table. If you live with others, make family dinner a priority.



LISTEN TO YOUR BODY

Eat when you're hungry and stop when you feel satisfied.



EAT AT REGULAR TIMES

Eat breakfast within 1 to 2 hours after waking up. Don't wait too long between your meals. It's harder to make healthy choices when you're hungry.



PLAN HEALTHY SNACKS

Try whole grain crackers and peanut butter or hummus, a piece of fruit and a few unsalted nuts, or frozen berries and plain yogurt.



EAT A VARIETY OF VEGETABLES AND FRUIT AT EVERY MEAL

Enjoy brightly coloured whole vegetables and fruit. Fresh or frozen, try them in different ways—raw, roasted, or sautéed.



EAT WHOLE GRAINS MORE OFTEN

Switch to brown rice, whole wheat pasta, dark rye bread or oatmeal. Try something new in your soup, salad or casserole like quinoa, bulgur or barley.



EAT FISH AT LEAST TWICE A WEEK

Trout, salmon, tuna and sardines are some tasty options. Try fresh frozen or canned.



INCLUDE LEGUMES LIKE BEANS, CHICKPEAS, LENTILS, NUTS AND SEEDS MORE OFTEN

Add them to salads, soups and grain dishes such as rice, quinoa or couscous. Legumes can replace meat in your meals. Try a vegetarian chili.



DON'T BE AFRAID OF FAT

You need fat for good health and it adds flavour to your cooking. Use plant-based fats such as olive or canola oil.