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.

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.

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.

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.

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.

TOP 10 TIPS FOR HEALTHY EATING
Making healthy food choices doesn’t have to be overwhelming. These tips will get you on your way.

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