

# Health Eating Tips

## ❑ Don't Skip Meals

❑ Try to stay within your daily calorie needs

## ❑ Make Healthy Snacks (cut up fruit & vegetables)

❑ Make mealtime calm and relaxed

## ❑ Get a good nights sleep to curve the cravings

❑ Slowly eat your meal

## ❑ Eat at the table

❑ Try to make half your plate **fruits and vegetables**

❑ Food plan – (make a schedule or daily meal plan)

## ❑ Plan for groceries

❑ Load up on healthy options

❑ Select nutrient rich foods, “eat the rainbow” (CDC, 2020)

- fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- lean meats, poultry, fish, beans, eggs, and nuts
- low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars



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