5 TIPS FOR HEALTHY EATING

1

Make water your drink of choice

Avoid sugary drinks. Fruit juice may seem like a good healthy option, but often the sugar content can be comparable to a can of pop.

2

Consume a variety of protein sources

Choose plant-based protein sources more often but consume a diverse range of protein sources to get all essential vitamins and minerals.

3

Practice mindful eating

Mindfulness is the act of focusing on the present moment and acknowledging thoughts, feelings, and bodily sensations that arise. Completing a body scan exercise before, during, and after consuming food is an easy first step.

4

Read food labels

Look for foods that contain >3g of fiber per serving. Fibre helps keep the gut nourished and healthy. Look at the sodium content on the label and compare products with similar serving sizes to see how much salt you will consume. Choose low salt, not "salt reduced" foods.

5

Cook more often

Nutritious foods are the foundation of healthy eating. Consume vegetables, whole grains, and protein foods regularly. Plan for the week and stay organized with grocery lists and batch cooking. Cooking your meals lets you be in control of the amount of salt, oil, and sugar that goes into your meal.