

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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- A close-up photograph of several bright red strawberries with green leaves, resting in a light-colored bowl. The background is a soft, out-of-focus grey.
- 1** Cook at home more often to avoid processed foods.
 - 2** How you eat is as important as what you eat. Enjoy your meals without multitasking.
 - 3** Listen to your body—eat when you're hungry and stop when you're satisfied.
 - 4** Eat at regular times.
 - 5** Plan healthy snacks.
 - 6** Eat a variety of vegetables and fruit at every meal.
 - 7** Eat whole grains more often.
 - 8** Eat fish at least twice a week.
 - 9** Include legumes like beans, chickpeas, lentils, nuts and seeds more often.
 - 10** Don't be afraid of fat. Choose olive oil and canola oil more often.