



**STRONGER TOGETHER
EDUCATION ACADEMY**
WWW.STRONGERTOGETHEREDUCATIONACADEMY.COM

Eating healthier is essential for maintaining overall well-being and preventing chronic diseases.

Here are 20 tips to help you make healthier food choices and improve your eating habits:

1. **Eat a Variety of Foods:** Include a wide range of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet.
2. **Portion Control:** Pay attention to portion sizes to avoid overeating.
3. **Limit Processed Foods:** Reduce your intake of processed and ultra-processed foods high in added sugars, unhealthy fats, and sodium.
4. **Choose Whole Grains:** Opt for whole grains like brown rice, quinoa, oats, and whole wheat bread instead of refined grains.
5. **Prioritize Fruits and Vegetables:** Aim to fill half your plate with colorful fruits and vegetables in each meal.

6. Cut Back on Added Sugars: Limit sugary drinks, desserts, and snacks, and be mindful of hidden sugars in packaged foods.
7. Consume Healthy Fats: Include sources of healthy fats, such as avocados, nuts, seeds, and olive oil, while limiting saturated and trans fats.
8. Read Food Labels: Check food labels for ingredients, added sugars, and portion sizes to make informed choices.
9. Prepare Meals at Home: Cooking at home allows you to control ingredients and portion sizes.
10. Snack Smart: Choose nutrient-dense snacks like Greek yogurt, fresh fruits, vegetables with hummus, or a handful of nuts.
11. Stay Hydrated: Drink plenty of water throughout the day and limit sugary beverages.
12. Eat Mindfully: Pay attention to hunger and fullness cues, and avoid distractions while eating.
13. Don't Skip Breakfast: Start your day with a balanced breakfast to boost energy and set a healthy tone for the day.
14. Plan Ahead: Plan meals and snacks in advance to avoid impulsive and unhealthy choices.

15. Be Wary of Liquid Calories: Limit your intake of high-calorie beverages like soda, energy drinks, and sugary coffee drinks.

16. Limit Salt Intake: Reduce salt in cooking and opt for herbs and spices to flavor your food.

17. Practice Moderation: Enjoy your favorite treats in moderation rather than cutting them out entirely.

18. Eat Slowly: Chew your food thoroughly and savor the flavors, as this can help prevent overeating.

19. Include Lean Proteins: Choose lean sources of protein like poultry, fish, beans, tofu, and low-fat dairy.

20. Be Patient with Yourself: Changing eating habits takes time. Focus on progress, not perfection, and celebrate small victories along the way.

Remember, it's essential to find a balance that works for your lifestyle and health goals. Gradual and sustainable changes are more likely to lead to long-term success. Consulting a registered dietitian or healthcare professional can also provide personalized guidance and support.