

# 10 Healthy Eating Habits for Everyday Life

1

**Eat a Variety of Nutrient-Rich Foods:** Aim to include a diverse range of foods in your diet, including fruits, vegetables, whole grains, lean proteins, and healthy fats.

2

**Portion Control:** Pay attention to portion sizes to avoid overeating. Use smaller plates, bowls, and utensils to help control portion sizes, and listen to your body's hunger and fullness cues to avoid mindless eating.

3

**Balance Your Plate:** Aim to fill half of your plate with fruits and vegetables, one-quarter with lean protein sources, and one-quarter with whole grains or starchy vegetables.

4

**Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated. Limit sugary drinks and opt for water, herbal tea, or infused water with fresh fruits and herbs for added flavor.

5

**Plan Ahead:** Take time to plan your meals and snacks for the week ahead. This can help you make healthier choices, avoid impulse eating, and save time and money on grocery shopping and meal preparation.

6

**Mindful Eating:** Slow down and pay attention to your food choices and eating habits. Avoid distractions such as screens or work while eating.

7

**Include Healthy Snacks:** Keep nutritious snacks on hand to curb hunger between meals and prevent unhealthy food choices. Opt for options like fresh fruit, vegetables with hummus or yogurt dip, nuts and seeds, or whole-grain crackers with cheese.

8

**Limit Processed Foods and Added Sugars:** Minimize your intake of processed foods, sugary snacks, and sweetened beverages, which can contribute to weight gain, inflammation, and chronic diseases.

9

**Read Food Labels:** Pay attention to serving sizes, ingredient lists, and nutrient content, and aim to choose foods with fewer additives and preservatives.

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**Practice Moderation:** Enjoy your favorite treats in moderation rather than depriving yourself completely. Be mindful of portion sizes and frequency to maintain balance and prevent feelings of guilt or restriction.