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Beginner lessons for Healthy Eating

Kickstart Your Journey to Healthy Eating Today!

DEFINITION

> Healthy eating means choosing a variety of foods that nourish your body. It involves balancing nutrients to promote overall well-being.

KEY CONCEPTS

Balanced Diet

A balanced diet includes all food groups: fruits, vegetables, proteins, grains, and dairy.

Portion Control

Portion control helps manage how much you eat, preventing overeating and promoting healthy weight.

Whole Foods

Whole foods are minimally processed and free from artificial ingredients, providing more nutrients.

Hydration

Staying hydrated is crucial for health; aim for 8 glasses of water a day.

Mindful Eating

Mindful eating involves paying attention to what and how you eat, enhancing enjoyment and satisfaction.

EXAMPLES

→ Include a colorful salad with lunch for more nutrients.

→ Swap sugary snacks for fruits or nuts.

→ Drink water instead of soda with meals.

MEMORY TIPS

★ Remember 'MyPlate' for balanced meals: half plate fruits and veggies.

★ Use the acronym 'FIVE' for food groups: Fruits, Vegetables, Grains, Proteins, Dairy.

★ Think 'H2O' for hydration: water is essential!

COMMON MISTAKES

✗ Skipping meals to lose weight can lead to overeating later.

✗ Relying too much on processed foods instead of whole foods.

✗ Ignoring portion sizes, leading to unintentional overeating.

QUICK RECAP

Healthy eating is about balance and variety in food choices. Focus on whole foods, portion control, and staying hydrated for optimal health.