

Basics of Eating for Your Well-being



- 1**
 - Aim for plenty of plants in your diet.
 - Try to include plants and whole foods in $\frac{3}{4}$ of each meal.
 - Eat a wide variety of colorful foods.
- 2**
 - Eat consistent meals and snacks. Don't go too long without eating.
 - Combine sources of fruits and vegetables; proteins and fat; beans, starches and whole grains; and herbs and spices to help you stay satisfied and energized.
- 3**
 - Enjoy mindfully! Slow down, chew well, notice tastes and smells.
 - Being mindful improves your awareness of hunger and fullness, and improves digestion.

Eat Mostly Plants

Look for plenty of colorful fruits and vegetables. But, that's not all. Plant foods also include avocado, beans and legumes, berries, corn, herbs and spices, leafy greens, lentils, nuts, olives, root vegetables, seeds, and whole grains.

You can find plant foods in many places. At the grocery store in the fresh, frozen or canned food sections, in your garden, at a farmers market or food pantry, or from a meal kit service.