

# 10 Tips for Healthy Eating



Cook at home as often as possible



Enjoy your meals without multitasking  
How you eat is as important as what you eat



Listen to your body  
Eat when you are hungry - Stop when you are full



Eat at regular times everyday  
Ex; Breakfast at 6, Lunch at 12, Dinner at 6



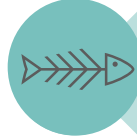
Plan healthy snacks for the day



Eat a variety of fruits and vegetables at every meal



Eat whole grains more often



Try to eat fish twice a week



Include legumes in your meals more often  
Beans, chickpeas, lentils, nuts, etc.



Do not be afraid of fat  
Choose olive oil and canola oil more often