

10 Tips for Healthy Eating



**Making healthy food choices doesn't have to be overwhelming
These tips will get you on your way**

- 01.** Cook at home more often to avoid processed foods.
- 02.** How you eat is as important as what you eat. Enjoy your meals without multitasking.
- 03.** Listen to your body - eat when you're hungry and stop when you're satisfied.
- 04.** Eat at regular times.
- 05.** Plan healthy snacks.
- 06.** Eat a variety of vegetables and fruit at every meal.
- 07.** Eat whole grains more often.
- 08.** Eat fish at least twice a week.
- 09.** Include legumes like beans, chickpeas, lentils, nuts and seeds more often.
- 10.** To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice.



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