

Tips for Eating Healthy Meals

Eat fruits and vegetables with every meal.

Starting your meal with a salad is a good way to do this.



Or fill half your plate with fruits and vegetables.



Eat whole grains.

Eat wheat bread instead of white bread.



Eat brown rice instead of white rice.



Choose grilled food instead of fried food.

Eat grilled chicken or fish instead of fried or crispy chicken or fish.



Limit condiments and dressings.

Ask for salad dressing on the side. Only use some of the dressing.



Choose water or other drinks without sugar.

Drink water or unsweetened tea instead of pop/soda or sugary drinks.



Be aware of how much food you eat.

Eat your meal. Drink some water.
Wait a few minutes. Go back for
seconds only if you are still
hungry.



Eat slowly. Put your fork down
between bites of food. Or take a
sip of water between bites of
food.

