



# EATING SMART

## *Understand The Basics*

1.

### **Keep a food journal.**

Knowing what and how you eat can help you set goals and make improvements.

2.

### **Count nutrients, not just calories.**

A healthy diet is balanced with fruits, vegetables, lean proteins, and healthy fats.

3.

### **Choose to eat clean.**

Eat whole foods, choose local when you can, and cook your own meals.

4.

### **Eat a rainbow of fruits and vegetables.**

Different colours are linked to specific nutrients and health benefits.

5.

### **Get your greens.**

Cruciferous vegetables are vitamin superstars.

