



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.

