

# GOOD-FOR-YOU COOKING

## Healthy Eating Tips

### SHOP STORE PERIMETERS.

Focus on fresh and whole foods and limit shopping the centre aisles.

### DIVVY UP YOUR GROCERY CART.

Mirror the ideal dinner plate with 50% produce, 25% protein, and 25% whole grains.

### KEEP YOUR PANTRY STOCKED.

Be ready to cook up a healthy meal with healthy ingredients on hand.

### DINE OUT SMARTLY.

Check the menu before you go, skip the app, and make healthy meal modifications.

### PLAN FOR BUSY DAYS.

Prep breakfast the night before, pack a lunch, and keep grab-and-go snacks on hand.

