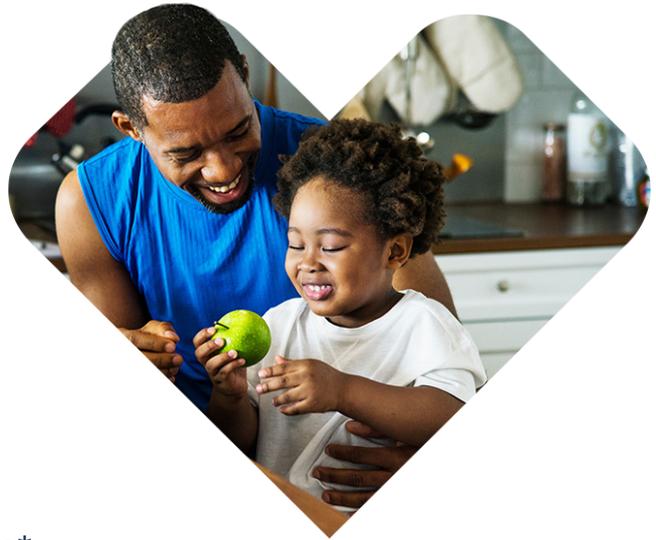


Healthy eating for a healthier life



It can be confusing to make a healthy eating plan you'll stick to. But good news – it can include foods and drinks that you like, fit your budget and include your cultural traditions.

Here are some ways to make your plan to eat better:

6 tips to create your healthy eating plan*



1. Plan meals with healthy staples

Make sure to include fruits, veggies and whole grains. Look for low-fat or non-fat dairy. For protein, both lean meat and plant-based work. And include healthy fats and oils.



2. Evolve as your needs change

In general, younger people need more calories. They tend to be more active and may still be building muscle and bone mass. Conditions we have and medications we take may also change how we eat.



3. Watch out for emotional eating

Many of us eat to relieve boredom or stress. It might work in the moment. But it can keep us from dealing with emotions in healthier ways.



4. Limit certain foods and drinks

Try to limit foods that are high in sugar and salt. And stay away from ultra-processed foods and trans fats.



5. Stay within your calorie needs

The number of calories we take in helps us stay in a healthy weight range. Another key part is how active we are. The balance of the two plays into whether we gain or lose weight.



6. Try mindful eating

Focus your attention on what you're eating at mealtimes. It can help you slow down and consider what you're eating and why. Your first step toward mindful eating is to put your phone away when you eat.



DID YOU KNOW?

Answering these questions can help you design a successful eating strategy:

- What are the pros and cons of this way of eating?
- Does it work for you, your family and your lifestyle?
- Will you enjoy eating this way?
- Can you see yourself eating this way in the long term?



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*HelpGuide.org <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

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