

## Healthy Eating Checklist: Nourish Your Body Right

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### Introduction

Eating well is a form of self-care that significantly impacts your overall well-being. This checklist is designed to help you make healthier food choices, whether you're grocery shopping, cooking, or dining out.

### Grocery Shopping

- Make a list of healthy food items before heading to the store.
- Stick to the store's perimeter where fresh produce is usually located.
- Read food labels to check for added sugars, sodium, and unhealthy fats.

### Meal Planning and Prep

- Plan your meals for the week, focusing on balanced nutrition.
- Include a variety of fruits and vegetables in your meal plan.
- Prepare healthy snacks like cut-up veggies or fruit to have on hand.

### Portion Control

- Use measuring cups or a food scale to ensure appropriate portion sizes.
- Use smaller plates to help control portions.
- Listen to your body's hunger and fullness cues.

### Balanced Meals

- Aim for a balanced plate with protein, healthy fats, and fiber.
- Include a serving of vegetables in at least two meals per day.
- Limit processed foods and opt for whole, natural options whenever possible.



## Hydration

- Drink at least 8 cups (64 oz) of water per day.
- Limit sugary drinks like soda and fruit juices.
- Opt for herbal teas or infused water for flavored hydration options.

## Mindful Eating

- Eat slowly and savor each bite.
- Avoid distractions like TV or your phone while eating.
- Take a moment to express gratitude for your meal.

## Dining Out

- Check the menu beforehand and identify healthy options.
- Ask for dressings and sauces on the side.
- Opt for grilled or steamed options over fried or sautéed.

## Snacking

- Choose snacks that are high in protein and fibre.
- Limit snacks that are high in sugar and salt.
- Pre-portion snacks to avoid overeating.

## Final Thoughts

Healthy eating is a journey that involves making mindful choices every day. Use this checklist as a guide to help you navigate that journey more effectively. Feel free to print this checklist or keep it on your device for easy access.

Here's to a healthier, happier you!

Happy Healthy Eating!