



Building a *Healthier* Plate

Where do I begin?

What you eat depends on what you like, where you live, how much time you have and many other factors. It takes time and practice to change the way you eat. Building healthy habits into your everyday life is a great strategy to create changes that stick. Think about how and why you make your food choices and then consider where you can add in more nutritious foods.

Start with your next plate!

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5 Principles to Help Re-frame Your Relationship with Food

Think about how your current lifestyle influences the foods that you eat.

1. Food is information

Our bodies use the vitamins, minerals, and other nutrients that we get from food to function, heal and grow. Focus on getting “information” from trusted, natural, sources like fruits, vegetables, and lean meats.

2. Listen to your body

Pay attention to the physical cues and habits around food and eating. Notice what happens when you are hungry, full, or having physical reactions to certain foods. Tuning in to your experience can help highlight poor habits and identify new areas to introduce healthier foods.

3. Focus on lifestyle changes

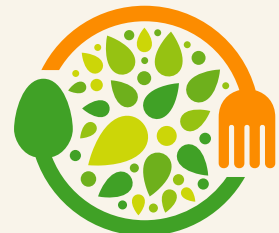
Popular diets focus on eliminating or avoiding specific food groups and rarely consider your specific needs. Making healthy eating a lifestyle practice is about adding healthier options to your daily life over time.

4. Start with one thing

Build healthy eating habits over time instead of trying to shift to a completely new lifestyle overnight. Choose a single activity. Make a plan that is measurable and timely and revisit that plan until you see the success that you want.

5. Be gentle with yourself

Eating habits take a lifetime to develop and food choices can change. Be gentle with yourself as you explore new eating habits that make sense for where you are today.





When setting out to eat a healthier diet, it is important to ground yourself and create strategies that can help achieve your goals.

The following tips are a great place to start as you set out on your healthy eating journey.

Eat the rainbow:

It may not be enough to just eat your greens. Eating different colored fruits and vegetables may provide many health benefits that support proper growth and healing.

- Add 1 cup of berries to morning cereal
- Add seeds or dried fruit to a house salad
- Add sweet potatoes in place of white potatoes

Cook with lean meats:

Shop local or choose animal foods that eat and live like they do in nature. Look for pasture-raised meats, poultry, and wild caught fish.

- Reduce the amount of meat that you eat
- Talk to the butcher at your local store or farmer's market
- Sign up for a subscription service that sources ethical animal products

Flavor your food with herbs and spices:

Many herbs and spices may help fight certain bacteria, viruses, and inflammation in the body. Help your body function properly and make healthy food taste better by punching up the flavor with fresh herbs and spices.

- Add bay leaves to soups or sauces
- Use pre-chopped garlic in place of garlic powder
- Start an indoor or outdoor herb garden

Include healthy fats:

Good fats found in plant based oils (olive, coconut, canola, etc.), nuts, seeds, fatty fish (salmon, tuna, sardines), and grass feed dairy help our bodies use key vitamins, produce energy and may help lower the risk of heart disease and stroke.

- Add unsalted pumpkin seeds to your morning oats
- Add sardines packed in Olive Oil to your salad
- Stir fry veggies in coconut oil or grapeseed oil

Drink water:

Our bodies use water to do everything from digesting our food to helping heal our wounds. We lose water when we sweat, when speaking, and it even evaporates from our skin, so it is important that we drink water and eat hydrating foods, like fruits and vegetables regularly.

- Set a daily drinking goal
- Set reminders or alarms to stay on track
- Add flavor to your water using fresh fruits