

HEALTHY NUTRITION HABITS CARD

Healthy eating is more than just a diet—it's a lifestyle that empowers you to feel your best, inside and out. By adopting simple but impactful nutrition habits, you can enhance your well-being, increase your energy, and create lasting positive changes in your daily routine. This card is filled with practical suggestions to help you build a nutritious, balanced lifestyle. From staying hydrated and eating colorful vegetables to trying new recipes and planning meals ahead, these habits will support you in making better food choices. Start small, stay consistent, and watch how these habits help you thrive!

Drink 8 cups of Water	Go vegetarian for a day	Cook/prepare a meal with olive oil	Stop eating when you're full	Eat something green
Eat a healthy breakfast	Prep and enjoy a meal with a friend or family	Read the nutrition labels on the food you eat	Try a new health recipe	Go a day without drinking soda
Slow down at meal time by chewing each bite slowly	Eat a fruit instead of drinking juice	Eat a whole grain	Go sugar free for a day	Try a new protein/veggie or fruit
Finish eating 2 hours before bed	Try a new leafy green	Eat a red/orange veggie or fruit	Pack a lunch	Drink a cup of water first thing in the morning
Try a new protein/veggie or fruit	Plan 3 days of meals	Go a day without processed food	Eat a veggie for a snack	DIY your favourite Takeout
Make a grocery list to avoid impulse purchases	Eat the Veggies/fruit first in your meal	Have 3 portions of Veggie	Pack your meals for the next day the night before	Stockpile healthy snacks in places like the car & office