

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!

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| Drink 8 cups of Water | Go vegetarian for a day | Cook/prepare a meal with olive oil | Stop eating when your 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 on 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 day | 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 |