Tips for healthy eating

Healthy eating takes more than making good choices at the supermarket. It also takes thoughtfulness about your eating habits. For example, you should always try to:

1. **Eat breakfast.** A healthy breakfast gets your body off to a good start. It may even help lower your desire to snack later in the day.

2. **Drink lots of water.** Many people under-rate water. It has lots of nutrients, keeps the body working well and is even calorie free. Try to drink water during the day and, if you crave a snack, try a glass of water first. It may satisfy you without adding calories.

3. **Eat lots of fruits and vegetables.** Nutritious and delicious, fruits and veggies provide vitamins, minerals and fiber, but are lower in fat and calories.

4. **Stop after one serving.** No matter how tasty a meal, "more of a good thing" may just pack on calories and pounds you don't want.

5. **Eat well, feel well.** Your brain is affected by what you eat just like the rest of your body. Healthy eating habits can help improve mood and ease anxiety.

Remember, making new habits takes time and can be hard. But if you stick to healthy eating goals, they pay off!

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