



NOURISH WITH NUTRITION

No added sugar. Whenever possible, choose foods like whole fruit over orange juice and oats over granola. Eating minimally processed foods, especially whole foods, will reduce your added sugar intake.

Open your mind to new foods. Try an intact whole grain like farro or wheat berry in a pasta or white rice dish. Try vegetables from different regions and explore global cuisine.

Use your hand as a guide. Eat a fist-sized portion of carbohydrates, palm-sized portion of protein, hand-sized portion of vegetables, thumb-sized portion for healthy fats, and a fist-sized portion for whole fruit.

Rainbows. Think about making your plate colorful. The more variety of fruits and vegetables on your plate, the more variety of vitamins and minerals you're consuming. Strive to fill half your plate with vegetables at each meal.

Inquire within. Ask yourself: am I still hungry? It takes the stomach about twenty minutes to signal to the brain it is no longer hungry.

Savor each bite. Take time to eat mindfully. Emails, text messages and snaps will wait for you. Enjoy your meal.

Healthy choices. What you choose to eat today can prevent disease tomorrow, increase energy and improve mood. Plate your produce first, then protein.