

HEALTHY CHOICES

They're easier than you think!

Mindfulness and Nutrient-Density:

Fill your plate with foods that are rich in nutrients and low in empty calories.

The plate in this photo is a great example. Grilled fish topped with fresh fruit salsa is nestled between brown rice and spaghetti squash, with a bright arugula and tomato salad to round out the plate. Don't miss that glass of milk on the side either!

This nutritious plate is very low in added sugars, sodium, saturated fat, and trans fat. Instead, the plate focuses on healthy protein, whole grains, fresh fruits and vegetables, and low-fat dairy. What a great example of an artful meal!

When you eat, sit down at a table and really enjoy the flavor of each bite. This mindfulness makes meals more fun!

Nutrition and Art:

Building a balanced eating pattern while shifting away from unhealthy habits doesn't have to be tough and unpleasant work.

Instead, make each meal a work of art, focusing on the proper portions and proportions of nutrient-dense foods!

The Art of HEALTH

