

# Tips for Eating Healthy Meals

## Eat fruits and vegetables with every meal.

Starting your meal with a salad is a good way to do this.



Or fill half your plate with fruits and vegetables.



## Eat whole grains.

Eat wheat bread instead of white bread.



Eat brown rice instead of white rice.



## Choose grilled food instead of fried food.

Eat grilled chicken or fish instead of fried or crispy chicken or fish.



## Limit condiments and dressings.

Ask for salad dressing on the side. Only use some of the dressing.



## Choose water or other drinks without sugar.

Drink water or unsweetened tea instead of pop/soda or sugary drinks.



## Be aware of how much food you eat.

Eat your meal. Drink some water.  
Wait a few minutes. Go back for  
seconds only if you are still  
hungry.



Eat slowly. Put your fork down  
between bites of food. Or take a  
sip of water between bites of  
food.

