

What is Healthy Eating?

You don't need to lose a lot of weight to start seeing results!

Losing your first 10-15 pounds can make a difference in your life.

Avoid crash or quick-weight loss plans.

Ever wonder what “healthy eating” really means?

- Space your meals evenly throughout the day
 - Breakfast, lunch, & dinner, with 2-3 healthy snacks
 - **Do not skip meals**
- Eat a variety of foods including fresh vegetables, whole grains, fruits, lean meats, fish, low/no-fat dairy, beans, or meat substitutes
- Drink water and unsweetened drinks (like tea)
- Try not to eat too much food in a meal
- Try not to eat too little food in a meal
- Avoid eating too much of one kind of food
- Avoid fried, high fat, and high salt foods
- Avoid frozen meals or boxed meal kits
- Avoid soft drinks/soda (even decaf or low-cal)
- Limit or avoid alcohol