

STEPS TO a healthier you

1

Set goals for healthier eating.

- Make plans to eat healthier.
- Take time to enjoy healthy meals.

2

Choose and prepare healthy food.

- Read labels and choose foods higher in fibre and lower in fat, sodium and sugar.
- Use healthy cooking and baking methods.

3

Eat more vegetables and fruit.

- Plan to eat 7 to 10 servings of vegetables and fruit every day.
- Choose vegetables or fruit for a quick and healthy snack!

4

Choose whole grains.

- Eat whole grain foods to increase your fibre intake.
- Try grains like barley, rye, oats, millet or brown rice.

5

Know your portions.

- How much you eat is as important as what you eat.

6

Choose healthy drinks.

- Drink water throughout the day.
- Drink milk at meals.
- Avoid drinks with added sugar.

