

## Healthy Meal Planning

Learn how to get into the habit of preparing healthy meals with these simple tips.

- **Eat a variety of foods.**  
Eat a balance of nutrients – carbohydrates, proteins, fats, vitamins and minerals – by incorporating whole grains, fruits and vegetables, low-fat dairy, lean meats, and fats from olive oil, avocado, raw nuts and seeds into your diet.
- **Choose fewer high-fat foods.**  
To cook with less fat, flavor foods with herbs, spices and other low-fat seasoning instead of rich sauces or gravy. Always remove skin from poultry before cooking.
- **Eat at least five servings of fruits and vegetables everyday.**  
To curb your sugar craving, try fresh fruit for dessert. When dining out, ask for a green salad or veggies for your sides.
- **Limit fruit juices, fruit-flavored drinks, sodas, and tea or coffee sweetened with sugar.**  
These beverages are typically packed with empty calories.
- **Limit sodium.**  
Use less salt in cooking and at the table. Reduce canned and packaged soups, pickles and processed meats.
- **Watch portion size.**  
To help limit portion size, use smaller plates. When dining out, split your meal with a friend or save half for tomorrow's lunch. Eat four to five small meals every day.

Remember to make gradual changes – it takes time to set new habits.