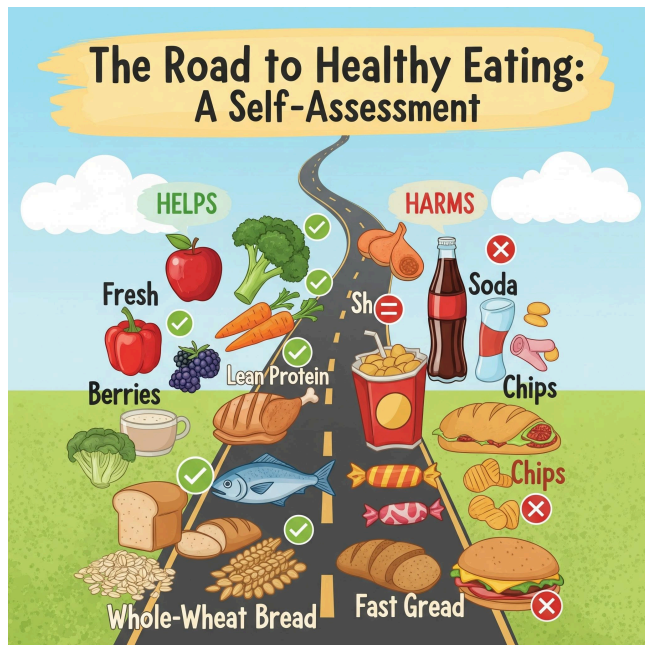


The Road to Healthy Eating: A Self-Assessment

Our eating habits are deeply rooted in our daily lives. They shape our energy, our mood, and our long-term health. Taking a moment to look at what we put into our bodies is the first and most important step toward a healthier life.



Hydration and Basics







Think about water. Many of us forget to drink enough. Water keeps our bodies working right, helps our minds stay clear, and is key to a good body temperature. Aim for eight glasses a day. Whole grains, like brown rice and whole-wheat bread, are full of good fiber. Fiber helps our bodies digest food and keeps us feeling full for a long time. This is a clear path to better health.

Fruits and Vegetables

Fresh fruits and vegetables are Earth's true gifts. The bright colors tell you they are full of the things your body needs: vitamins and other helpful things that fight sickness. Try to eat a rainbow every day.

Good Choices vs. Less Healthy Choices

Here is a quick look at common food items:

Item	Assessment	Category
Fresh Berries		Fruit
Dark Leafy Greens		Vegetable
Sweetened Canned Fruit		Fruit
Deep-Fried Onion Rings		Vegetable
Carrots		Vegetable
Sugary Juices		Drink

Protein and Dairy

Lean meats and fish are good sources of protein, which builds muscle and keeps you strong. Fish, in particular, has good fats that help your brain and heart.

We often reach for fast, deep-fried food. While quick and sometimes tasty, this food is often soaked in bad fats and too much salt. Eating less of it is a simple way to feel better each day.

Legumes—like beans, lentils, and peas—are amazing food sources. They are cheap, filling, and packed with protein and fiber. They are a staple of a good diet.

Snacks and Sweets

But look at the snacks aisle. Many packaged snacks, like chips and most cookies, are made with lots of bad fats, high amounts of sugar, and too much salt. They are designed to make you eat more than you should.

Nuts and seeds are small powerhouses. They hold good fats, fiber, and protein. A small handful makes for a great snack that keeps your hunger at bay.

Making Better Choices

Changing your food path is not about strict rules, but about making small, good choices every day. Even a few small shifts can lead to a great change in how you feel. Think about how much sugar you add to your coffee or tea. Those small spoonfuls add up quickly. Try to cut back, bit by bit.

What about butter and creamy sauces? They taste good, but they are full of fat and calories. Look for healthier oils like olive oil, and use less of the heavy creams.



Item	Assessment	Category
Olive Oil	●	Fat
Creamy Salad Dressing	✗	Sauce
Whole Grain Bread	●	Grain
White Processed Bread	✗	Grain
Plain Greek Yogurt	●	Dairy
Full-Fat Ice Cream	✗	Sweet