

****Healthy Eating Checklist****

****SimplySoundAdvice.com Presents:**
****Healthy Eating Checklist******

A nutritious, well-balanced diet is the foundation of good health. Incorporate these fundamental eating habits to promote a healthier lifestyle and give your body the nutrients it needs to function at its best.



****Nutrient Intake****

- **Protein****: Include lean sources like poultry, fish, beans, tofu, or lentils in your meals.
- **Fiber****: Aim for whole grains, fresh fruits, and vegetables to support digestion.
- **Healthy Fats****: Opt for avocados, olive oil, nuts, and fatty fish like salmon.
- **Vitamins & Minerals****: Ensure a colorful plate with a variety of fruits and vegetables.



****Hydration****

- **Water****: Consume at least 8 cups (64 oz.) daily, adjusting based on activity and climate.
- **Limit Sugary Drinks****: Reduce intake of sodas, sweetened teas, and high-sugar fruit juices.
- **Limit Caffeine****: Stick to 1-2 cups of coffee or tea, opting for herbal varieties when possible.



****Meal Habits****

- Mindful Eating**: Focus on your food, chew slowly, and savor every bite.
- Regular Meals**: Don't skip meals; instead, maintain a steady eating schedule.
- Controlled Portions**: Use smaller plates or bowls to help prevent overeating.

Smart Shopping

- Read Labels**: Check for unwanted additives, high sugar, or sodium content.
- Shop the Perimeter**: Fresh produce, meats, and dairy are often located around the edges of stores.
- Plan Ahead**: Make a shopping list based on meals for the week to avoid impulsive unhealthy choices.

Limit & Avoid

- Processed Foods**: Minimize intake of foods with long ingredient lists or unfamiliar additives.
- Trans Fats**: Look out for "hydrogenated" or "partially hydrogenated" on ingredient lists.
- Excess Salt**: Watch sodium intake, especially in pre-packaged and restaurant foods.

Bonus Tip: Healthy eating is a journey, not a destination. Focus on making sustainable changes and enjoy the process. It's okay to indulge occasionally; what's important is the overall pattern of your eating habits.

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