

SIMPLE STEPS FOR A HEALTHFUL LIFESTYLE

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.

Learn more at eatright.org!



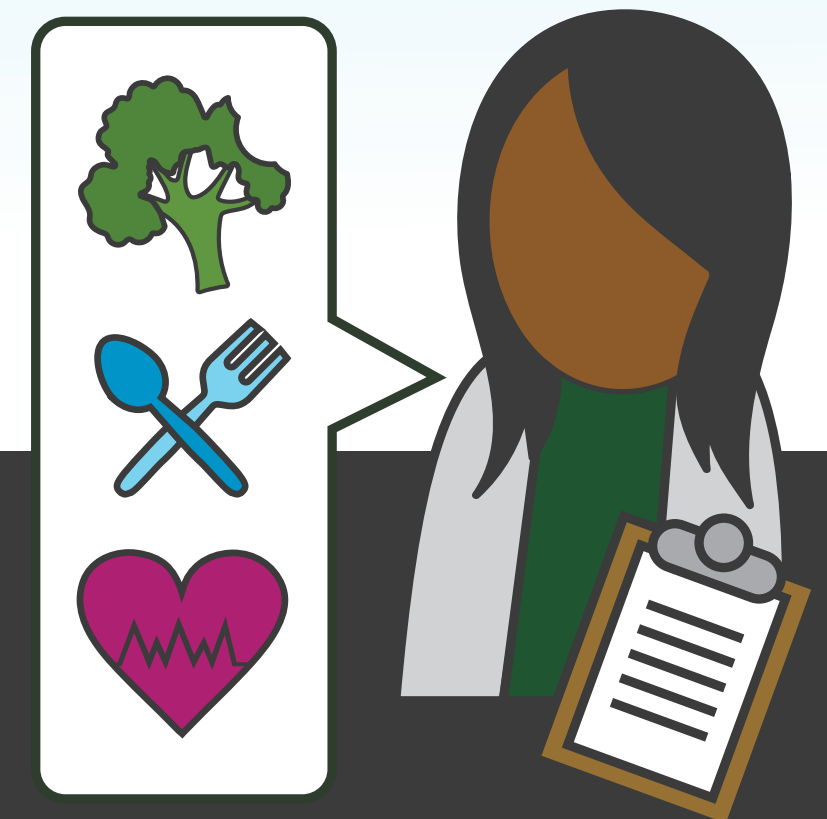
Eat a variety of nutritious foods every day.



Plan your meals each week.



Learn skills to create tasty meals.



Consult a Registered Dietitian Nutritionist (RDN).

Include healthful foods from all food groups.

Hydrate healthfully.

Learn how to read Nutrition Facts Panels.

Practice portion control.

Take time to enjoy your food.

Use a grocery list to shop for healthful foods.

Be menu-savvy when dining out.

Choose healthful recipes to make during the week.

Enjoy healthful eating at school and at work.

Plan healthful eating while traveling.

Keep healthful ingredients on hand.

Practice proper home food safety.

Share meals together as a family when possible.

Reduce food waste.

Try new flavors and foods.

Ask your doctor for a referral to an RDN.

Receive personalized nutrition advice to meet your goals.

Meet with RDNs in a variety of settings throughout the community.

Find an RDN who is specialized to serve your unique needs.

Thrive through the transformative power of food and nutrition.

