



HEALTHY TIPS FOR EATING WELL

With myriad guidelines and suggestions available, we distilled out the four key tips to help you identify and embrace your own individual healthy eating habits.

CROWD OUT

Instead of thinking about the things you shouldn't eat, consider adding more healthy foods, like fruits and vegetables, to fill you up.



START SMALL

Small changes make big impacts. Break down your healthy eating goals and address one habit at a time to maximize your chances of success.



BIOINDIVIDUALITY



Foods that benefit one person may not help another. Food offers a variety of nutrients, and each person needs different foods to feel healthy.

REFRAME "DIET"

To avoid a mindset of deprivation and temporality, try framing your you're newly adopted healthy eating habits as improvements to your lifestyle.

