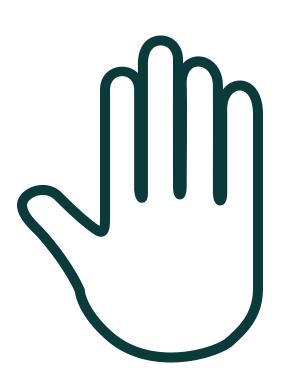
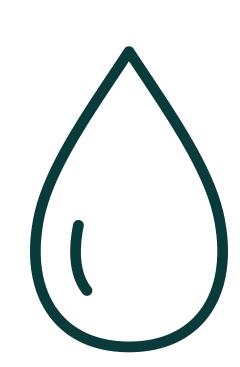


CROWD OUT

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.

