

MINDFUL EATING IS DELICIOUS EATING

Your Guide to Choosing Healthy, Satisfying Food

If you'd like to start eating more healthfully, here's what you can do to make it easy and enjoyable.

1 EMBRACE WHOLE FOODS



Eat your veggies and your fruits. And eat them as close as possible to how they were harvested. That means broccoli and not broccoli cheddar soup.

2 GO FOR GRAINS



Find grains that are still in their "whole" state and haven't been heavily processed. Look for quinoa, freekeh, black rice, barley, steel-cut oats and bulgur.

3 EAT MORE PLANTS



Shift to more plant-based meals; it's better for you and the environment. Vegetables and fruits offer many vitamins, minerals, antioxidants and fiber for a healthy diet.

4 KEEP FOOD SIMPLE



Buy food that doesn't come in packages. Grocery stores are filled with products with long ingredient lists on the labels. Eat food with ingredients you can pronounce.



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mindful
enjoy health

5 CHOOSE ORGANIC WHEN POSSIBLE

The term “organic” means crops have been grown without synthetic chemicals using ecologically friendly techniques and careful management of natural resources such as soil and water.

6 LIMIT REFINED SUGAR



Sugar is added to many foods, even in favorite “healthy” foods like yogurt. If sugar is listed as an ingredient on a label, be sure it’s listed toward the bottom.

7 MAKE IT YOURSELF



It’s easy to make your own tacos, ramen, sauces and dressings from scratch, rather than relying on store-bought or take-out foods that may have added sodium, flavorings, colors and sweeteners.

8 DRINK WATER



Skip the sugary, carbonated and specialty drinks, like juice, soda and flavored coffee and opt for water instead. Water is the cleanest beverage available, and it’s perfect for keeping you hydrated.

9 SHOP LOCALLY AND SEASONALLY



Buying food grown in your community means you know where your food comes from, you’re supporting the local economy and you’re eating produce harvested at the peak of freshness.

10 ENJOY YOUR FOOD



Be inspired by the many global cultures that celebrate food and cooking with others. On your wellness journey, seek opportunities to make mindful decisions about what you choose to eat, invite family and friends for shared mealtimes and be adventurous with flavors!

Mindful eating is knowing exactly what's in your food, so choose food that's loaded with nutrients and enjoy every bite!