

# HEALTHY EATING

## TOP TIPS FOR BETTER NUTRITION : FUEL YOUR BODY RIGHT

### PROTEIN CHOICES & HEALTHY FATS

*Include lean protein sources like poultry, fish, tofu, and beans in your diet. Limit red and processed meats.*

### REDUCE SUGAR & BALANCED MEALS

*Aim for balanced meals that include a variety of food groups: vegetables, fruits, lean proteins, whole grains, and healthy fats.*

### FRUITS & VEGETABLES

*Consume a colourful array of fruits and vegetables, as they provide essential vitamins and minerals.*

### PLAN AHEAD

*Plan your meals and snacks in advance to make healthier choices and avoid impulsive, less nutritious options.*

