

# Healthy Eating

Healthy eating is key for good health!

Eating healthy means enjoying nutritious food, in the amounts our bodies need to perform their best. Healthy eating helps you feel better today and feel great in the future!



## MAKE A COMMITMENT TO:

- Plan ahead. Give some thought to your week's menus and make sure you have everything on hand.
- Save time. Double your recipes and freeze for another day.
- Keep a list of favourite recipes. This will make your meal planning much simpler.
- Shop the perimeter of the grocery store. That's where all the fresh foods are found.
- Provide a variety of healthy foods, at regular times and in an appropriate setting, and let your children decide if and how much they will eat.

### Did you know...

- No single food is perfect. Eat a variety!
- Reach for brightly coloured green or orange vegetables and fruit more often. They pack more nutrition punch!
- Eating is one of life's greatest pleasures! Take time to savour each bite.

[www.gnb.ca/wellness](http://www.gnb.ca/wellness)