

# 12 Healthy Eating Habits



Prioritize whole foods.



Learn to read food labels.



Eat balanced meals.



Cook your meals.



Enjoy a variety of foods.



Stay hydrated.



Eat slowly and chew.



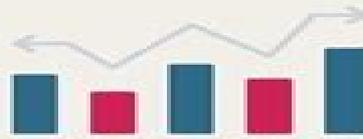
Eat without digital devices.



Use the hunger-fullness scale.



Pay attention to portion sizes.



Aim for consistency.



Ask for help, as needed.



# Thoughts For Good Eating

**Puja Mehta**



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