

HEALTH TIPS

Eating Healthier

Building healthy and mindful eating habits improves your wellness.



Listen to your body

Everyone's body is different, and changes over the course of their lifetime. This means that sometimes food will impact us differently.

It's important to pay attention to how food makes you feel and when you need to make changes.

Food is fuel for bodies and minds, and finding the right types and amounts are important to stay healthy, nourished and thriving.

To learn more about mindful and healthy eating go to, nutritionsource.hsph.harvard.edu/mindful-eating.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

Some TIPS

Eat Healthy Fats

- Fish, lean meat and tofu
- Olive oil, canola, or avocado oils
- Use less butter, margarine and lard

Be Mindful of Sugar Intake

- Foods with less added sugar
- Drinks with little to no sugar; water is always a great choice

Increase Fiber Intake

- Fresh fruit and vegetables daily
- Oats, whole-grains and bran
- Add beans, corn, and broccoli

Enhance Flavor, Minimize Salt Use

- Season with lemon, garlic, onion, herbs or vinegar
- Frozen or canned foods without salt
- Fresh food

Be creative and find new recipes online or through cookbooks!

CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.