

# ENJOY YOUR FOOD, BUT EAT LESS!

Food is fuel  
for our bodies  
and more is not  
always better.



EAT BETTER. LIVE BETTER.

Everything you eat and drink matters. Aim to eat and drink only as much as your body needs each day. If you eat more than you need, your body will convert those extra calories to fat and store them, which leads to weight gain.

## TIPS TO ENJOY YOUR FOOD, BUT EAT LESS!

- » Take your time when you eat and enjoy the taste and texture of the food. Use hunger cues to know when to eat and fullness cues to know when you have eaten enough.
- » Fill up on fruits, vegetables, whole grains, lean protein and dairy.
- » Drink and eat less sodium, saturated fat and added sugars.
- » Limit sweet treats to special occasions.
- » Choose water or sugar-free beverages.
- » Use a smaller plate to help with portion control.
- » When eating at fast food restaurants, choose a kid size meal, which comes with smaller portions than the adult meals. Smaller portion=less calories/fat/sodium.

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.