



Healthy habits for eating well

Overwhelmed by conflicting nutrition and diet advice? The truth is, eating healthy doesn't have to be hard — and you don't have to live on salad, buy expensive vitamins, or swear off snacking. Your own nutrition intuition can lead you in the right direction.

Eat in season

In-season fruits and veggies are at peak flavor, nutrition, and supply. Seasonal eating is typically more affordable and sustainable — and makes it easy and delicious to get more fresh produce onto your plate.

DIY

Instead of ordering in, try cooking at home. By controlling fat, sugar, and salt content, home cooks tend to eat healthier than people who eat out often — even when they're not trying to.

Expand your horizons

Healthy eating doesn't have to be boring. Experiment with herbs and spices for high-impact, low-calorie flavor. Or try nutritious twists on foods you love — like zucchini spaghetti with meatballs, or taco lettuce wraps.

Visit kp.org/foodforhealth.

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How do you get started on healthy eating?

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar.

A change to healthier eating also includes learning about balance, variety, and moderation.

- **Aim for balance.** Most days, eat from each food group—grains, protein foods, vegetables and fruits, and dairy. Listen to your body. Eat when you're hungry. Stop when you feel satisfied.
- **Look for variety.** Be adventurous. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need.
- **Practice moderation.** Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay.



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