

10 tips to eat well!

Nutrition:

1. Make a grocery list before you shop
2. Drink water or low-fat milk over soda and other sugary drinks
3. Keep to a regular eating schedule
4. Don't skip breakfast
5. Snack on fruits and vegetables
6. Include at least one serving of whole-grain foods daily
7. Cut back on added fats or oils in cooking or spreads
8. Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures
9. Try a new fruit or vegetable
10. Eat dinner together

十個讓你吃得健康的提示！

營養提示:

1. 買菜前列好清單
2. 喝水或者低脂牛奶，不選擇喝汽水或者其他含糖量高的飲料
3. 按正常時間進食
4. 吃早晨
5. 把水果和蔬菜當小食
6. 每天至少吃一份全穀類食品
7. 煮菜的時候盡量少放油
8. 進食的時候，要坐下慢慢品嚐食物的味道和口感
9. 嘗試吃一種新的水果或蔬菜
10. 跟家人或朋友一起進餐