

The Path to a Healthier Plate

Building Wellness Through Food Choices



Foundations of a Healthy Diet

Prioritize balance: Fill half your plate with vegetables and fruits, one quarter with lean proteins, and one-quarter with whole grains. Add healthy fats sparingly.

Foods to Prioritize

- Fruits
- Vegetables
- Whole grains
- Nuts/seeds
- Lean proteins

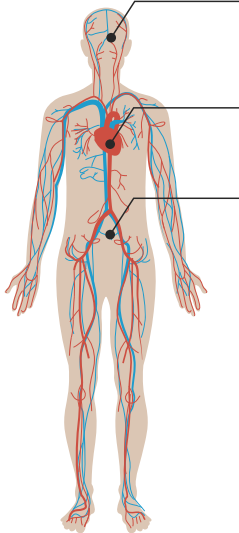
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Foods to Limit

- Processed foods
- Sugary drinks
- Refined carbs
- Artificial additives

Choose foods closest to their natural state. Limit ultra-processed items that are high in sugar, salt, or unhealthy fats.

How Food Impacts Your Health



Supports mental clarity and mood stability.

Reduces risk of cardiovascular disease.

Boosts immunity and energy levels.

What you eat fuels your body, mind, and emotions. Healthy choices create a stronger, more resilient you.

Practical Steps to Start Today



Shop mindfully—stick to the outer aisles for fresh, whole foods.



Start small—replace one processed item with a whole food alternative each week.



Listen to your body's signals to avoid overeating.



Cook at home using natural ingredients.

Myth-Busting Food Beliefs

Myth: "Healthy eating is too expensive."



FACTS

Whole foods are cost-effective when measured by nutrient density.

Myth: "All fats are bad."



FACTS

Healthy fats like avocado and olive oil are essential for energy and cell function.