

# 5 TIPS FOR HEALTHY PLATES

BY: MADISON WRIGHT



## 01. READ LABELS

Read food labels carefully while shopping, and select foods low in sodium, added sugars, saturated fats, and no hydrolyzed oils.

## 02. PORTION CONTROL

Eat only what satisfies you, do not over stuff yourself. Eat smaller portions than you'd typically go for.

## 03. POWER YOUR PLATE

Eat plates that are well balanced. Vegetables and fruits should make up  $\frac{1}{2}$  of your plate. Stick to lean meats, whole grains, legumes, beans and healthy fats such as avocado oil or olive oil for the remainder of your plate.

## 04. HIT THE BREAKS!

Reduce sodium and salty foods, sugary drinks, saturated fats, processed or red meats, full-fat dairy products, and tropical oils such as coconut or palm oil in your regular diet.

## 05. COOK AT HOME

Cooking at home allows you to do all of the above! You can control what goes into your plate, what you eat, and how it is prepared. This allows you to have full control over your plate choices!

RESOURCE:

YOUR GUIDE TO HEALTHY EATING HABITS THAT STICK. (2025).  
WWW.HEART.ORG. [HTTPS://WWW.HEART.ORG/EN/HEALTHY-LIVING/HEALTHY-EATING/EAT-SMART/NUTRITION-BASICS/YOUR-GUIDE-TO-HEALTHY-EATING-HABITS-THAT-STICK](https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/your-guide-to-healthy-eating-habits-that-stick)