

How to Develop Healthy Eating Habits

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Eating healthier can make you feel better. Here's what you can do:

- Complex Carbs:** Eat foods like whole grains, sweet potatoes, oats, and brown rice every day (1). Choose whole wheat bread, whole oats, and whole wheat pasta.
- Vegetables:** Eat lots of vegetables every day, like kale, spinach, and carrots.
- Fruits:** Have fruits like berries (2), apples, and pears every day.
- Lean Proteins:** Eat chicken, fish, nuts (3), beans, lentils, and chickpeas to get stronger (4).
- Healthy Fats:** Choose good fats from avocados, salmon, nuts, and oils (5).
- Limit (6) Salt:** Don't use too much salt. Choose fresh (7) or frozen foods instead of canned ones.
- Stay Hydrated (8):** Drink water every day, especially when it's hot (9) or after you exercise.

These steps can help you be healthier and have more energy (10).