

# HEALTHY EATING HABITS FOR A NEW NORMAL

The sudden shift in our daily lives can lead to periods of stress, anxiety, and general unease about the days ahead. Even though it may be difficult to focus on health during this ever-changing time, it's vital that it not fall to the wayside as you navigate the days ahead. Start here with developing healthy eating habits for your new normal.



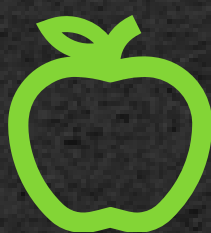
## BALANCE YOUR PLATE

Create satisfying and nutritious meals with a balanced plate. Aim to fill half of your plate with vegetables and fruits, a quarter with whole grains or starchy vegetables, and a quarter with protein. This balance of nutrients will help to fill you up while offering a variety of nutrient-dense foods.



## HYDRATE WELL

Staying adequately hydrated aids in digestion and proper functioning of organs and cells in the body. Sip on water and unsweetened beverages throughout the day. Limit the intake of beverages with added sugars and avoid drinking excessive amounts of caffeine.



## SNACK SMART

Balance snacks by pairing two or more food groups to create a nutrient-dense and satisfying snack. For example, aim to pair a fruit or vegetable with a source of fat or protein or pair a whole grain with a fat or protein. Pairing nutrients not only helps to fill you up, but often makes a snack taste better!

Increased periods of stress can result in a change in eating habits. Put stress-relieving practices in place to reduce stress. Activities such as meditation, exercise, talk therapy, and adequate sleep can help with stress management.