

What is Balanced Eating?

A balanced eating pattern:

- Does not put excessive emphasis on any one food or food group over others.
- Provides adequate energy and nutrients for daily needs while fostering long-term health.
- Contains foods like whole grains, vegetables, fruits, fish, soy, nuts, beans, "fun" foods, and more.
- Is achievable at any weight and body shape.



Variety is...

- Having multiple colors on your plate.
- Having different meals throughout the week.
- Key to combating vitamin/mineral deficiencies.

Moderation is...

- Giving yourself permission to eat all foods, in any proportion, at any time.
- Listening to what you want to eat.
- being mindful about what is satisfying.

Adequacy is...

- Eating regular, frequent, full meals.
- NOT using food choices or amounts of food to manipulate body or 'make up for' exercise or drinking alcohol.
- Key to having a regular appetite.

