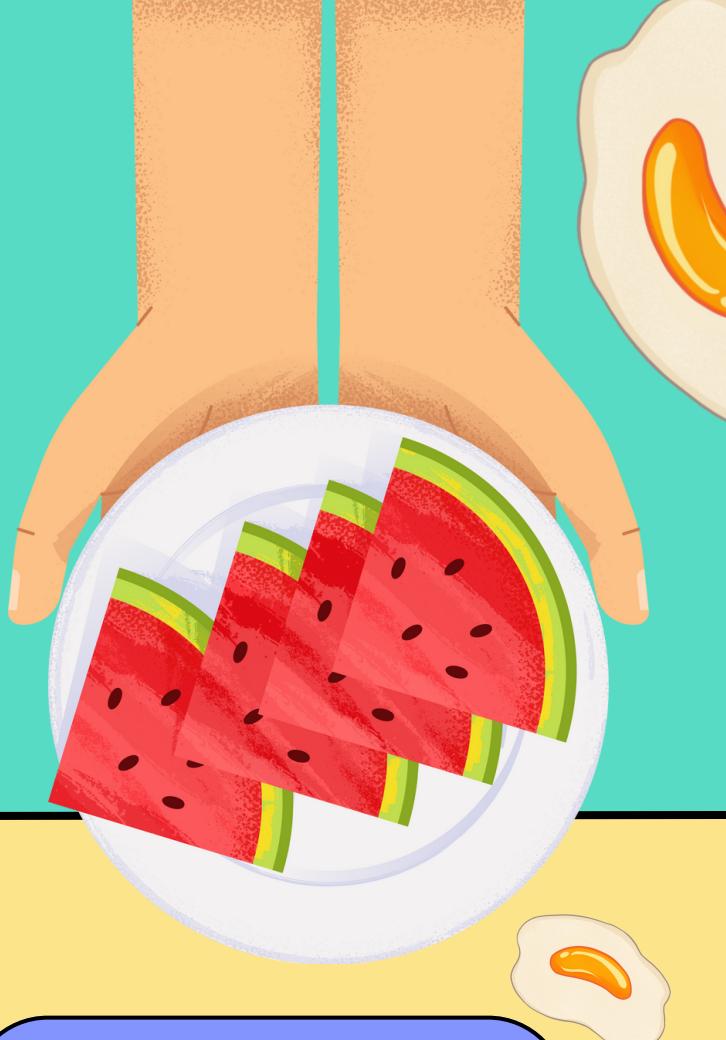


# What is a

# Food of Tasty



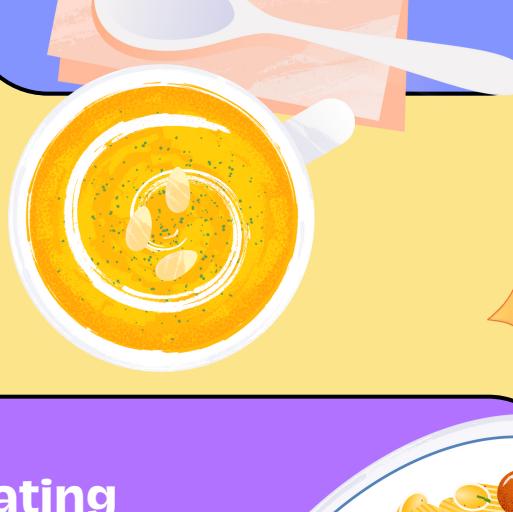
## Portion Control

Be mindful of portion sizes to prevent overeating, which can lead to weight gain and related health issues



## Adequate Hydration

Water is essential for overall health. Stay adequately hydrated by drinking enough water throughout the day



## Moderation and Mindful Eating

Practice moderation in your food choices and avoid excessive consumption of unhealthy foods and beverages. Pay attention to your body's hunger and fullness cues, and eat mindfully, savoring each bite



## Varied Foods

A diverse diet ensures that you receive a wide range of nutrients



## Balanced Nutrients

A healthy diet should include a balance of essential nutrients



## Minimize Processed Foods

Highly processed foods, often high in added sugars, unhealthy fats, and artificial additives, should be limited in a healthy diet. Opt for whole, unprocessed foods as much as possible

