

Healthy Food

How to Make Healthier Food Choices

1 Lean proteins:

protein for muscle growth and repair.

fish/ Chicken
Breast/beans/lentils



2 Complex Carbs

High fiber & main source of energy.

Sweet Potato/
Brow Rice/ Beans



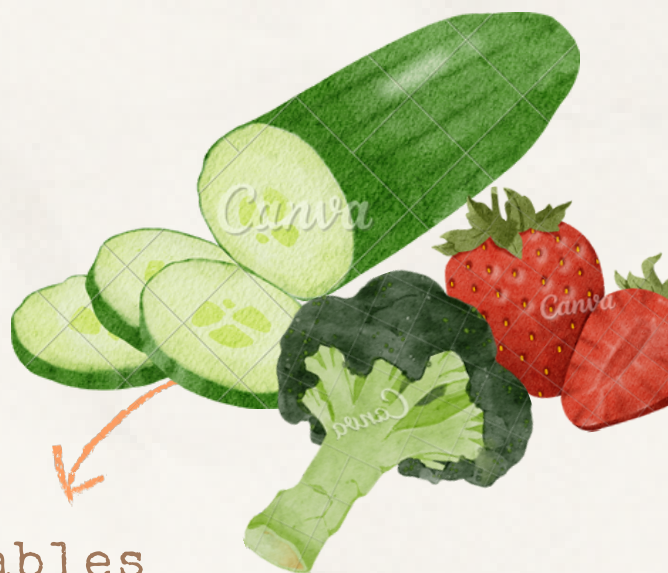
3 healthy Fat

essential for brain and heart health.

Olive Oil/nuts/
Avocado.



Vegetables
& Fruits



4

balanced diet basics:

- Incorporate a variety of food groups.
- .Aim for fruits, vegetables, lean proteins, whole grains, and healthy fats.