How to Develop Healthy Eating Habits

By **Tara Coleman**
February 7, 2024 / WikiHow

Eating healthier is important for feeling better <u>overall (10).</u> Here's how to start:

1. **Complex Carbs:** Try to eat 225-325 grams of complex carbs each day. Good <u>sources (9)</u> include whole grains, sweet potatoes, oats, and brown rice. Choose whole wheat bread, whole oats, and whole wheat pasta.

2. **Vegetables:** <u>Fill (8)</u> half your plate with vegetables every day. Eat 5 servings of vegetables, including dark leafy greens like kale and spinach. You can add them to smoothies or dishes like tacos and pasta.

3. **Fruits:** Have 2-3 servings of fruit daily. <u>Add (7)</u> berries to cereal or salads, or have apples and pears as snacks.

4. **Lean Proteins:** Include lean proteins like chicken, fish, nuts, beans, lentils, and chickpeas in your diet for energy and muscle building.

5. **Healthy Fats**: Choose healthy fats like those in avocados, salmon, nuts, and seed oils. <u>Avoid (6)</u> trans fats and saturated fats.

6. **Limit Salt:** Avoid <u>adding (5)</u> salt and choose fresh or frozen foods over canned ones. This is especially important if you have high blood pressure or heart issues.

7. **Stay <u>Hydrated (4)</u>:** Drink at least 11.5 cups (2.7 liters) of water daily for women and 15.5 cups (3.7 liters) for men. Carry a water bottle and drink <u>regularly (3)</u>, especially after exercise or in hot weather.

Following these steps can help <u>improve (2)</u> your nutrition, boost energy levels, and support overall <u>well-being (1)</u>.