



## 10 TIPS FOR HEALTHY EATING

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**Tip 1:** Eat only all-natural or organic ingredients.

**Tip 2:** Eat smaller meals, more often: 5-7 times per day.

**Tip 3:** Eat a healthy breakfast within 30-minutes to 1 hour upon waking to jump-start your metabolism.

**Tip 4:** A diet high in fiber will satiate your hunger.

**Tip 5:** Dehydration is often mistaken for hunger, so drink water all day!

**Tip 6:** Keep healthy snacks on hand at all time to avoid over-eating or making poor choices.

**Tip 7:** Portions matter! Pay attention.

**Tip 8:** Milk, meat and cheeses should contain no antibiotics, hormones or steroids.

**Tip 9:** Healthy mealtime choices are light soups, fish, salads, lean meats, and steamed vegetables.

**Tip 10:** Never eat straight from the container, serve the correct portion and close the container. Sit down to eat.

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*Get Fit Columbia!*