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# NUTRITION

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Savor the flavor of eating right!

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## Make Informed Choices!

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There's a lot of information out there about what foods are healthy and what aren't, and yet not all of it is true. Cut through the murk by relying on science-based, peer-reviewed sources. This will help you separate food news from food misdirection.

If you're not sure where to start, check out the **Dietary Guidelines for Americans** at <http://health.gov/dietaryguidelines/2015/>. They've got great advice for shifting into a healthy eating pattern that you can both enjoy and sustain.

**MyPlate** is another great resource that you can use to make healthy decisions. Check out its homepage at <http://www.choosemyplate.gov>, and don't miss its fantastic portion control resources!

## Tips for Eating Mindfully:

The Academy of Nutrition and Dietetics advises people to "Develop a mindful eating pattern that includes nutritious and flavorful foods." Mindful eating happens when you eat food while paying attention to your hunger and the experience of eating, without passing judgement on the food or the fact that you're eating it.

It's fun to eat mindfully when you eat healthy foods — take a moment to really enjoy their flavors and textures. You'll be surprised by what you notice each time. This is also a great way to try new foods!

