

Healthy Eating Checklist

Simple daily choices that support balanced meals and healthier habits.

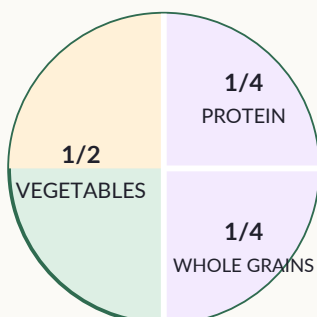
Your Daily Five

Check each habit you complete today.

- ☐ **Eat protein with every meal.**
Eggs, fish, poultry, beans, lentils, tofu, yogurt, or another protein source.
- ☐ **Include vegetables daily.**
Aim for variety and add vegetables to at least two meals.
- ☐ **Drink enough water.**
Keep water nearby and drink regularly throughout the day.
- ☐ **Limit ultra-processed foods.**
Choose minimally processed options more often when practical.
- ☐ **Prioritize whole foods.**
Build meals around foods close to their natural form.

Build a Balanced Plate

Use this simple visual as a flexible guide - not a rigid rule.



Add healthy fats

Olive oil, avocado, nuts, seeds, or oily fish.

Choose water first

Use water as your main everyday drink.

Aim for variety

Different colors and foods provide different nutrients.

My focus this week:
