

5 KEY HABITS OF HEALTHY EATERS



EAT BREAKFAST

Eating a well balanced healthy breakfast everyday helps with weight-loss, weight management, and reduces hunger later in the day.



DRINK WATER

A good guideline is to drink half of your body weight in water a day.



KNOW WHAT'S IN YOUR FOOD

Stay away from processed foods. Eat foods with simple ingredients.



BE POLITELY PICKY AT RESTAURANTS

When eating out request a to-go box when your meal is served and save half for the next day.



PRACTICE MINDFUL EATING

To help prevent overeating practice mindful eating, which allows you to slow down and savor your food.



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