

Eat well. Live well.

Eat a variety of healthy foods each day.



Make water
your drink
of choice

Have plenty
of vegetables
and fruits



Eat protein
foods

Choose whole
grain foods



Scan the QR code to take the
MyPlate Quiz and see how
your plate compares.

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ADAPTED AND PROMOTED BY

WakeMed 
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What you eat on a regular basis matters for your health.

The term eating pattern refers to what you eat and drink on a regular basis. A healthy eating pattern helps you improve your overall health and the foods and drinks work together to:

- Help you feel good
- Maintain your health
- Meet your nutritional needs

Keep healthy options on hand:

- Bagged leafy greens to make an easy salad
- Your favorite herbs and spices to add flavor
- Pre-cut vegetables to use for snacks and stir-fries
- Canned tuna or salmon to add to a salad or sandwich
- Frozen or canned vegetables to make a quick side dish
- Canned chick peas and lentils to toss into soups, salads or main dishes

Read food labels.

- Choose products that are lower in sodium, added sugar, and saturated fat
- Be aware that food marketing can influence your choices

How to make water your drink of choice:

- Drink water with your meals
- Ask for water with your food when eating out
- Carry a reusable water bottle when you are out
- Try a fruit and herb infused water or carbonated water
- Drink water during and after physical activity or playing sports
- Keep a pitcher of water in the fridge or on the table for easy access

Healthy eating is about more than just the foods you eat.

It is being mindful of your eating habits, taking time to eat, and noticing when you are hungry and when you are full. It is also enjoying healthy foods with family, friends, neighbors, or co-workers as a great way to connect and add enjoyment to your life.

Be mindful of your eating habits.

This means being aware of how, why, what, when, where, and how much you eat. It can help you:

- Make healthier choices more often
- Make positive changes to routine eating behaviors
- Be more conscious of the food you eat and your eating habits
- Create a sense of awareness around your everyday eating decisions

Eating with others can help you:

- Enjoy quality time together
- Share food traditions, across generations and cultures
- Explore new healthy foods that you might not normally try

Enjoying your food can include these benefits:

- Tasting the flavors
- Being open to trying new foods
- Developing a healthy attitude about food