

5 Simple Tips for Healthy Eating

1

Plan your meals for the day
(or week)

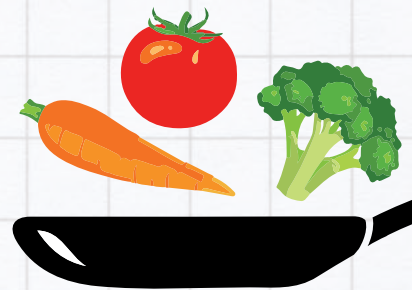


2

Create a grocery list based on
the meals

3

Cook batches of protein,
grains, and vegetables



4

Eliminate unhealthy snacks
from your environment



5

Plan to eat 3 meals and 2
snacks a day. Do not go more
than 4-5 hours without eating.



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