



ADAMS COUNTY FIRE RESCUE

Healthy Eating Tips

- Plan your meals ahead of time. The combination of knowing what you will eat, and having it with you when it's time to eat it, can help you prevent making last-minute, bad food decisions.
- Swap out high-fat condiments like mayonnaise for healthier, high-flavor choices like mustard or salsa.
- Eat at regular intervals. Eat smaller amounts throughout the day to avoid making poor choices out of hunger or desperation.
- Avoid overeating by allowing food to settle for a few minutes.
- Remember that most food packaging usually has more than one serving per container. Eat only the recommended serving size rather than the entire package. If this is difficult, consider buying only containers with one serving per package.
- Balance your food that includes proteins, carbohydrates, fruits, vegetables and healthy fats.
- Stay hydrated. Don't mistake thirst for hunger. Carry a water bottle and constantly supply it throughout the day. Remember, water flushes out toxins and waste from our bodies.
- Seek out healthy foods, but don't be fooled by "healthy" labels. Remember, sometimes healthy foods can be made unhealthy by exorbitant amounts of full-calorie toppings, dressings and condiments.