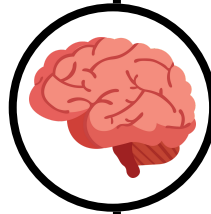


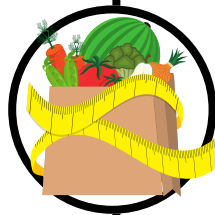
# Top 10 Nutrition Education Lessons for Today's Consumer



1. Eat a variety of nutrient-rich foods. Consume a wide range of fruits, vegetables, whole grains, lean proteins, and healthy fats.



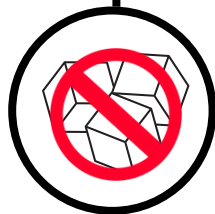
6. Be mindful of eating habits. Eat slowly, savor your food, and be aware of the emotional triggers for eating.



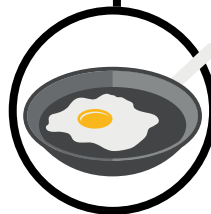
2. Emphasize portion control to avoid overeating. Make a healthy plate and measure high-calorie treats.



7. Nutritional needs can vary based on factors such as age, gender, activity level, cultural and personal preferences, and health conditions.



3. Limit processed foods and added sugars. Reduce consumption of processed and sugary foods and beverages.



8. Cook and prepare meals at home using fresh ingredients. This allows for better control over ingredients and cooking methods.



4. Stay hydrated. Adequate hydration is vital for overall health and can support various bodily functions.



9. Understand nutrition labels to make better choices to lower sodium, increase fiber, and make better choices in the supermarket.



5. Moderation, not deprivation. This approach makes healthy eating more sustainable and realistic for long-term adherence.



10. Take a lifelong approach to health. Adopt healthy eating habits that can be sustained over time.