



# FIVE TO THRIVE

WHAT CAN YOU DO TO PREVENT CHRONIC DISEASE AND THRIVE?

Visit the **Five to Thrive** [website](#) for more on healthy lifestyle habits!



## HEALTHY EATING

### 5 WAYS TO EAT BETTER

**EAT MOSTLY PLANT-BASED, WHOLE FOODS. LIMIT PROCESSED FOODS.** HEALTHY EATING PROVIDES NUTRIENTS FOR YOUR BODY TO REPAIR AND FUNCTION WELL FROM YOUR HEAD TO YOUR HEART!

#### 1. CHOOSE WATER AS YOUR MAIN DRINK

Limit your intake of soda, juice and other drinks

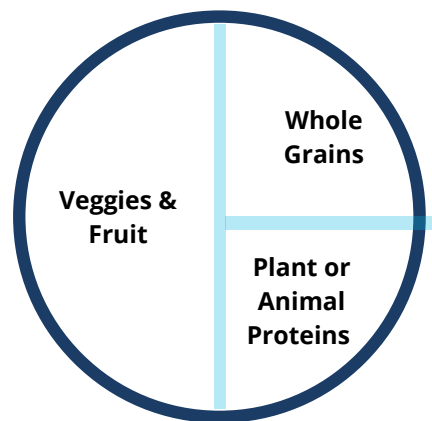


#### 2. ADD 3 COLOURS FROM VEGETABLES AND FRUIT TO EACH MEAL

Increase your intake of vegetables and fruits

#### 3. MATCH YOUR PLATE AT EVERY MEAL TO THAT OF THE CANADA FOOD GUIDE

Make 1/2 of your plate vegetables and fruit, 1/4 protein, 1/4 whole grains



#### 4. EAT MINDFULLY

Eat slowly and mindfully. Notice when you are content. Pay attention to how you feel before, during and after you eat.

#### 5. EAT WHOLE FOODS

Eat foods in their real form and limit your intake of processed foods.



HEALTHY EATING HELPS REDUCE THE RISK OF CHRONIC DISEASE LIKE HEART DISEASE, DEMENTIA, DEPRESSION AND MORE!