

Balanced Bites

A FRAMEWORK FOR HEALTHY EATING

Include all your food groups



Make sure each of your meals includes a source of carbohydrates, protein, fats, and fiber. These major food groups keep you energized, satisfied, and support your overall health!

Check your balanced portions



Add a palm size portions of carbohydrates, a palm sized protein, a large handful of veggies, and a thumbprint of healthy fats.

Add some color



Colorful foods are signs of anti-inflammatory antioxidants and helpful vitamins - add at least one colorful food to your meal.

Include a fermented food



Fermented foods help your gut, brain, and heart thrive. Try adding at least one bite of a fermented food to meals a few times each week to feel the benefits.



Take a breath

Deep breathing helps you relax, be present with your meal, and improves digestion. Starting a meal calm can help you enjoy your food more and helps you tune into satisfaction.

Chew your food well

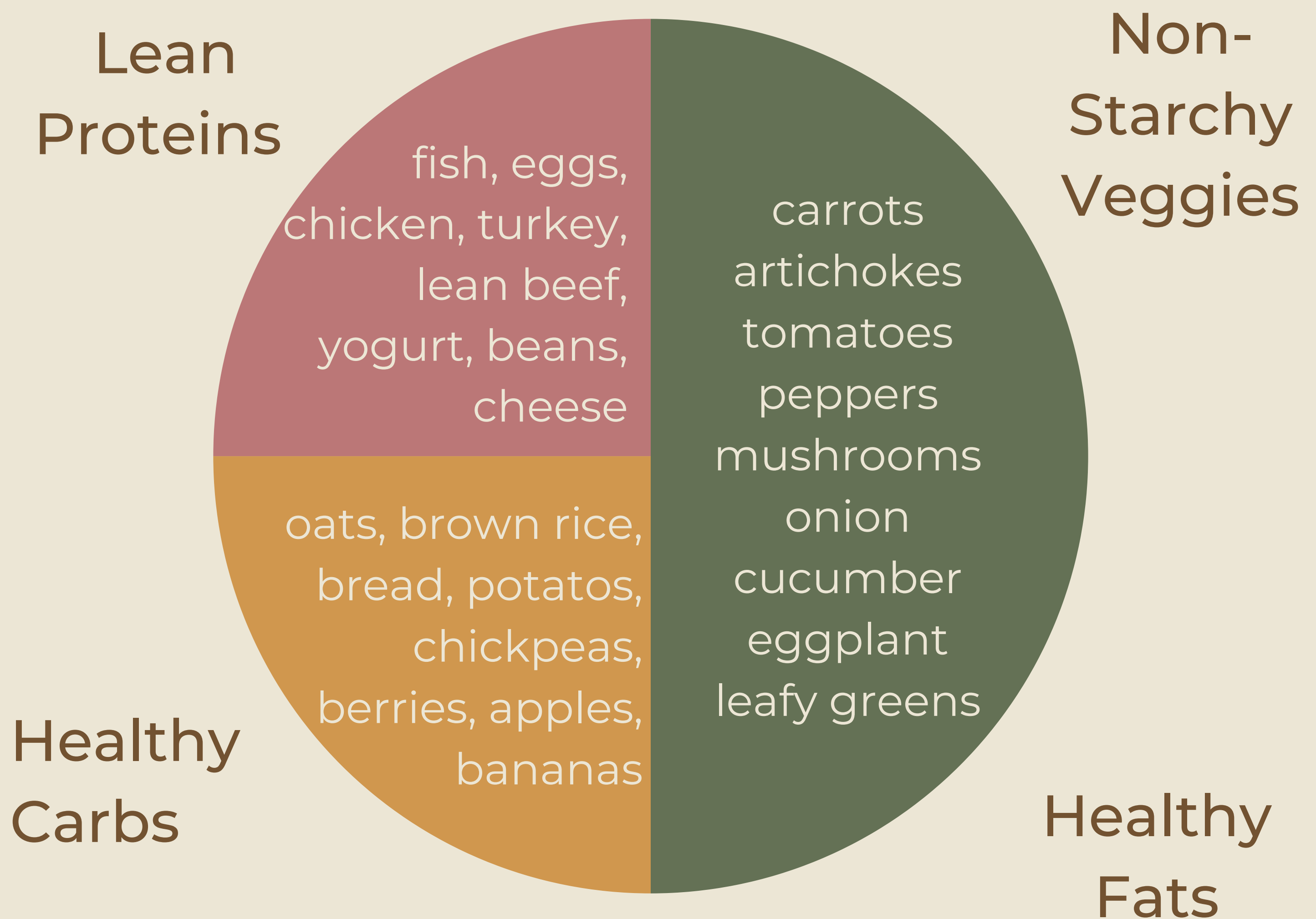
Take full advantage of your teeth. Chewing food until it's the consistency of applesauce improves digestion to prevent bloating and overeating so you feel your best at the end of a meal.



Don't forget to enjoy yourself!

Feeling satisfied is an important aspect of balanced eating. Enjoy your food, relax into a calm meal, and notice how much easier healthy eating becomes.

Balanced Meal



Balanced Snack

CHOOSE ONE FOOD FROM EACH
COLUMN FOR A NOURISHING SNACK

whole grain crackers

baby carrots

rice cakes

dried fruits

pretzels

popcorn

toasted bread

fresh fruit

tortilla chips

cheese

hummus

nut butter

mixed nuts

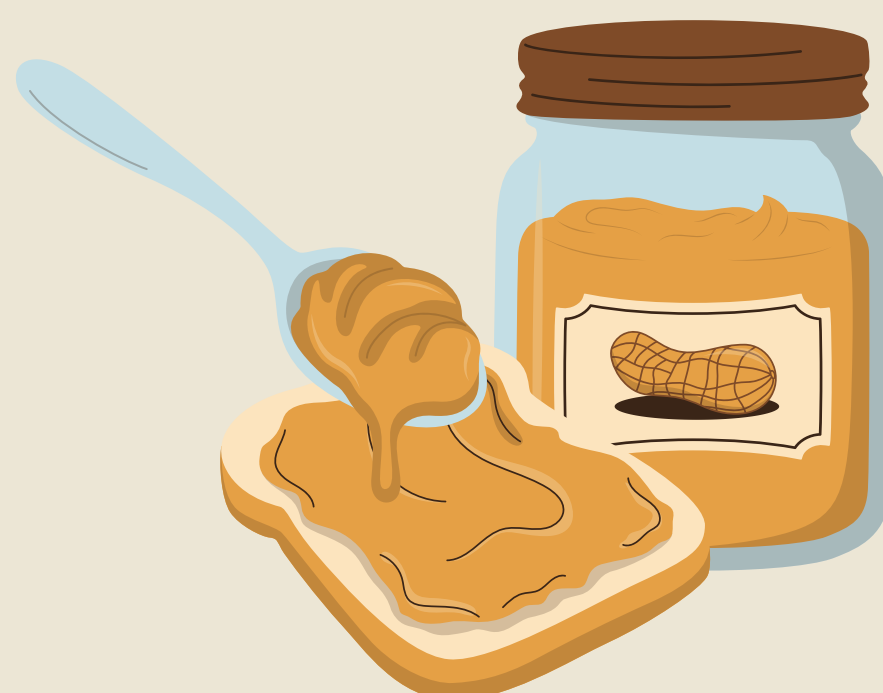
yogurt

crunchy chickpeas

turkey jerky

pumpkin seeds

guacamole



WELLNESS WITH COURTNEY