

BLUEPRINT

to wellness

HEALTHY EATING MADE EASY: A QUICK GUIDE TO FUELING YOUR BODY AND MIND

Eating well doesn't have to be complicated. Whether you're just getting started or looking to change up your eating habits, building a balanced plate and creating a mindful routine can make a big impact on your overall wellness. This guide helps you take small steps towards better nutrition, one step at a time.

Build a balanced plate in 4 easy steps

1. FILL HALF OF YOUR PLATE WITH VEGETABLES AND FRUIT

Choose a variety of colours and types — fresh, frozen or canned all count. They're packed with vitamins, minerals and fibre to fuel your body.

2. ADD A QUARTER PLATE OF PROTEIN

Include lean options like chicken, turkey, tofu, legumes, eggs, or dairy. Protein helps build and repair muscles and keeps you feeling full longer.

3. INCLUDE A QUARTER PLATE OF WHOLE GRAINS

Try brown rice, quinoa, whole grain pasta or bread. These grains can give you long-lasting energy and added fibre.

4. DON'T FORGET TO HYDRATE

Water is the best choice, but herbal teas or sparkling water with a splash of citrus can also help keep you hydrated.

Go beyond the plate

- **Start with a consistent eating routine:** Try to eat around the same time every day to support stable energy levels.
- **Plan and prep ahead:** Create a grocery list, prep ingredients in advance and keep healthy snacks on hand.
- **Be mindful, not perfect:** It's okay to enjoy treats. Aim for balance over restriction. What you do most often matters more than what you do occasionally.
- **Ditch distractions:** Eat without screens when possible. This will help you tune into hunger and fullness cues.
- **Listen to your body:** Notice how different foods make you feel — energy levels, digestion, mood — it all counts!



SMALL, CONSISTENT CHOICES MAKE A LASTING CHANGE.

You don't need to change everything at once. Start with one step, like adding an extra vegetable to your lunch, drinking more water, or cooking a new recipe at home.

Visit sk.bluecross.ca/healthysk for more Health Literacy and wellness resources.