

# Healthy Eating Checklist

A daily checklist of balanced-eating habits built around vegetables, fruit, whole grains, lean protein and less added sugar.

## Vegetables & Fruit

- Fill at least half your plate with vegetables at main meals
- Eat a serving of fruit as a snack instead of sweets
- Include a variety of colors across the day  
Different colors signal different vitamins, minerals and antioxidants.
- Add leafy greens to a meal (salad, soup or stir-fry)
- Keep frozen or pre-cut veg on hand for busy days
- Aim for at least five servings of fruit and veg total

## Whole Grains & Fiber

- Choose whole-grain bread, pasta or wraps over refined white
- Start the day with oats or a whole-grain cereal
- Swap white rice for brown rice, quinoa or barley sometimes
- Include beans, lentils or chickpeas in a meal  
Legumes add fiber and plant protein at low cost.
- Check that whole grain is the first ingredient on labels

## Lean Protein & Healthy Fats

- Include a protein source at each meal (eggs, fish, poultry, tofu or beans)
- Eat fish, especially oily fish like salmon, once or twice a week
- Choose lean cuts and trim visible fat from meat
- Use olive oil, nuts, seeds or avocado for healthy fats
- Limit processed meats such as bacon and deli meat  
Save processed meats for occasional treats rather than daily eating.

## Limit Added Sugar & Ultra-Processed Foods

- Swap sugary drinks for water, sparkling water or unsweetened tea
- Read labels and compare added sugar between products
- Keep chips, candy and pastries as occasional, not daily, foods
- Cook more meals from whole ingredients at home
- Choose plain yogurt and add your own fruit instead of pre-sweetened  
Pre-sweetened products often hide several teaspoons of added sugar.

## Smart Habits & Portions

- Use a smaller plate to help with portion sizes
- Eat slowly and stop when comfortably full
- Plan meals and a rough shopping list for the week
- Limit eating in front of screens to notice fullness cues
- Prep a few meals or snacks ahead for busy days
- Drink water through the day and with meals

## Stay on Track

- Pick one or two habits to focus on this week

- Keep healthy snacks visible and treats out of sight
- Forgive an off day and get back on track at the next meal
- Track your habits with this printable checklist
- Important: this is general information, not medical or dietary advice

For personalized guidance or a health condition, consult a doctor or registered dietitian.