



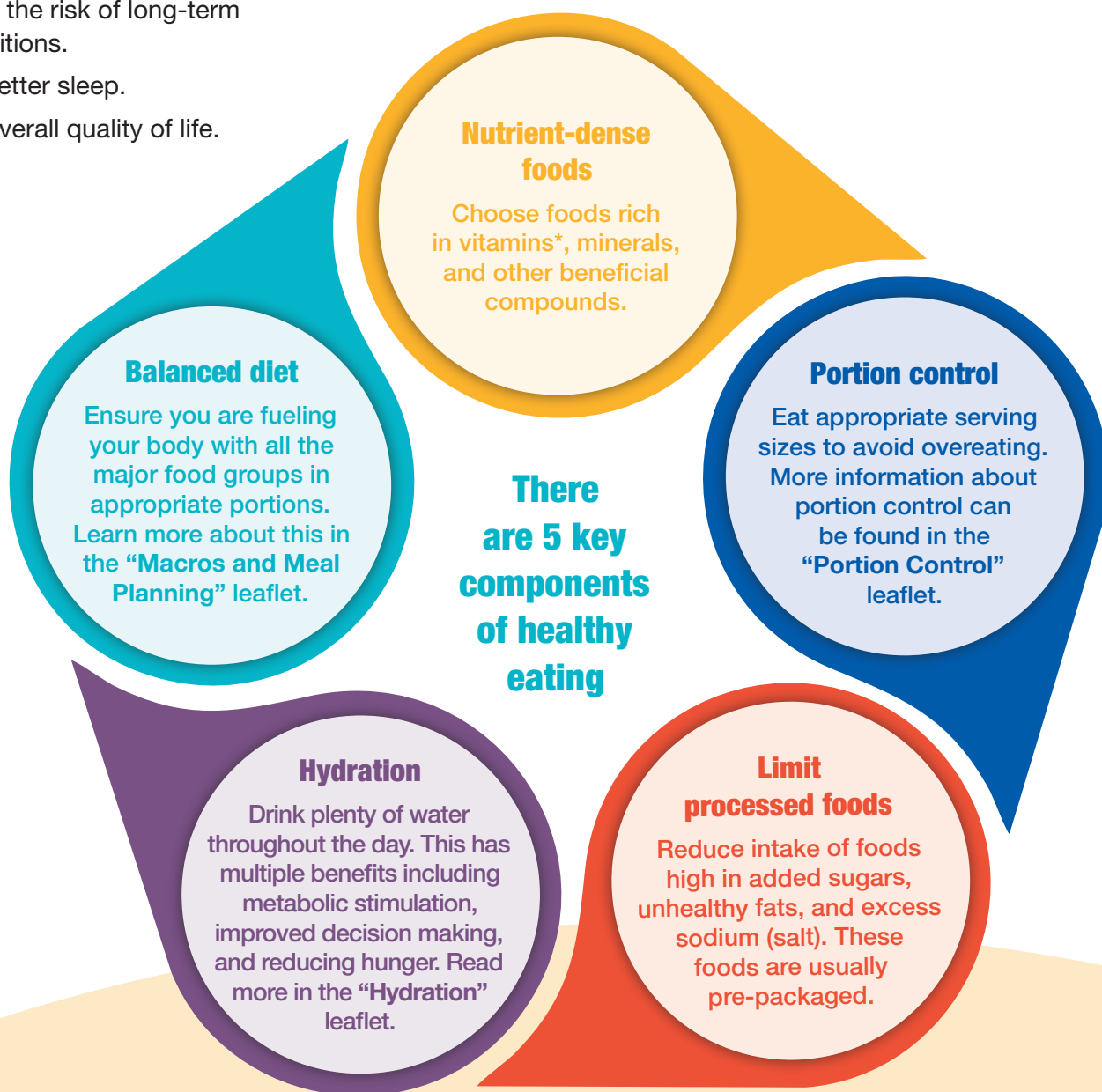
HOW TO IMPLEMENT... HEALTHY EATING



Healthy eating is about consuming a variety of nourishing foods that provide your body with the essential nutrients it needs to function properly and maintain good health. It involves making informed choices about what you eat and drink, focusing on balance, moderation, and variety.

As well as helping to maintain a healthy weight for you, healthy eating:

- Boosts energy levels.
- Strengthens the immune system.
- May reduce the risk of long-term health conditions.
- Promotes better sleep.
- Enhances overall quality of life.



*Vitamins are crucial micronutrients our bodies need in small amounts for proper functioning, growth, and overall health. Some vitamins can be stored in the body whereas others cannot and need regular replenishment via food sources. Fruits and vegetables, whole grains, lean proteins, dairy products, and nuts/seeds are all high in vitamins.

Below are some tips to help you achieve healthy eating:

- 1 Embrace the rainbow**
 - › Eat a variety of colorful fruits and vegetables — aim for at least 5 servings a day.
- 2 Choose whole grains**
 - › Look for “whole grain” as the first ingredient on labels.
 - › Choose whole wheat bread, brown rice, quinoa, and oats. These options will satisfy you for longer.
- 3 Prioritize lean proteins**
 - › These include fish, poultry, legumes, nuts, and seeds. Try to limit red meat consumption.
 - › Consider plant-based protein sources like tofu and tempeh.
- 4 Include healthy fats**
 - › Use olive oil, avocados, nuts, and fatty fish.
 - › Limit saturated and trans fats.
- 5 Practice mindful eating**
 - › Pay attention to hunger and fullness cues.
 - › Eat slowly and drink water or unsweetened beverages with your meals.
- 6 Meal preparation**
 - › Plan and prepare meals and avoid skipping them.
 - › Find nutritious alternatives to your favorite treats.
- 7 Meal timing**
 - › To better manage your blood sugar, eat at regular times.
 - › Allow at least 2 to 3 hours after a meal before you have another meal so your blood sugar can come down to a suitable level.
- 8 Start small and be consistent**
 - › Start with small, sustainable changes — realistic targets are more likely to be achieved.
 - › Consider using a food diary to track your eating habits. Refer to the **“Food Diaries”** leaflet for more information.
 - › Be patient and consistent — it takes time to form a habit. If you find yourself having negative self-talk, try not to be too hard on yourself. Talk to yourself how you would a friend — give grace and support.



Remember, healthy eating is not about strict limitations or depriving yourself of foods you enjoy 100% of the time. **Moderation is key for success.**

Speak with a **ZUPREME 2 Trial Team** member at your next trial visit if you have any queries about healthy eating.

