

unbottled.

FOOD FOR THOUGHT

Eating healthy looks different for everyone and figuring out what's right for you can take time! Use this tool to help you work towards your health goals and become more self-aware of your eating habits.



**BE
MINDFUL**

Take note of energy levels, stress, mood or stomach issues to better understand your eating patterns and choices.



**PAUSE FOR
REFLECTION**

Think about why you are eating. Are you hungry, thirsty, or just bored? As you eat take a breath between bites so you eat just enough to be satisfied, not stuffed.



**GREAT
TASTE**

Healthy food can and should taste great! Take a moment to close your eyes, and savor each flavor as you eat.

DAILY RECOMMENDATIONS



Dairy

Examples of one Serving:

Aim for around
3 dairy foods a day.

1 cup milk or lactose-free milk
1 cup yogurt
1/3 cup shredded cheese
1 1/2 ounces hard cheese



Grains

Examples of one Serving:

Aim for around
6 grains a day.

1 slice of bread
1/2 cup of cereal
1 small tortilla



Vegetables

Examples of one Serving:

Aim for around
3 vegetables a day.

1 fresh tomato
2 cups leafy greens
1 cup canned carrots
1 cup broccoli



Fruits

Examples of one Serving:

Aim for around
2 fruits a day.

1 fresh apple
1 cup frozen strawberries
1 cup canned peaches
1/2 cup dried fruit



Protein

Examples of one Serving:

Aim for around
6 proteins a day.

1 oz meat, poultry or seafood
1 egg
1 tbsp peanut butter
1/4 cup cooked beans

Daily recommendations shown here are for adults and are based on the 2020-2025 Dietary Guidelines for Americans and MyPlate.gov

FOOD FOR THOUGHT

Day 1

Day 2

Day 3

BREAKFAST

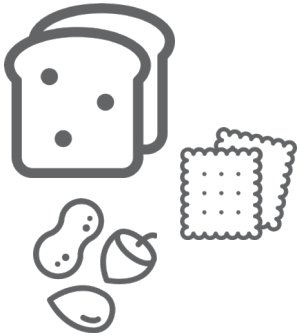


Hunger Scale Rating Before Meal:

Hunger Scale Rating Before Meal:

Hunger Scale Rating Before Meal:

LUNCH



Hunger Scale Rating Before Meal:

Hunger Scale Rating Before Meal:

Hunger Scale Rating Before Meal:

DINNER

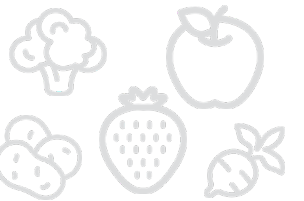


Hunger Scale Rating Before Meal:

Hunger Scale Rating Before Meal:

Hunger Scale Rating Before Meal:

SNACKS



Hunger Scale Rating Before Snack:

Hunger Scale Rating Before Snack:

Hunger Scale Rating Before Snack:

Remember to practice your mindful eating strategies!