



What Does It Mean to Eat Right — and Why It's Necessary

Mini-brochure: core principles, plate method, macros & portions, fiber & hydration, smart grocery list, meal planning (batch & quick), label reading mini-guide, mindful eating cues, myths vs facts, sample day menu, quick checklist.

Core Principles — Foundations

- Mostly whole foods: vegetables, fruits, whole grains, legumes, nuts, quality proteins, healthy fats.
- Balance over perfection: think week-to-week, not single meals.
- Regular meals; limit ultra-processed foods high in sugar/salt/refined fats.

Plate Method — Visual Guide

Plate area	What it looks like
½	non-starchy veg (greens, broccoli, peppers, tomatoes)
¼	protein (fish, poultry, eggs, tofu/tempeh, legumes)
¼	whole-grain carbs (brown rice, quinoa, oats, whole-grain pasta)
+ side	healthy fats (olive oil, nuts, avocado)

Macros & Portions — Simple Rules of Thumb

Macro	Handy portion	Examples
Protein	1-2 palms/meal	fish, chicken, tofu, eggs, Greek yogurt, legumes
Carbs	1 cupped hand/meal (women), 2 (men)	whole grains, starchy veg, fruit
Fats	1-2 thumbs/meal	olive oil, nuts, seeds, avocado
Veggies	2 fists/meal	greens, crucifers, colourful veg

Fiber & Hydration — Daily Targets

- Fiber: aim for ~25-38 g/day from vegetables, fruit, legumes, whole grains, nuts/seeds.
- Hydration: 6-8 cups/day as a base; more in heat/exercise; include water, unsweetened tea.



Smart Grocery List — Build Your Cart

Category	Examples
Veg & fruit	leafy greens, crucifers, berries, citrus, tomatoes, peppers
Protein	fish, chicken/turkey, eggs, tofu/tempeh, cottage/Greek yogurt, legumes
Grains & carbs	brown rice, quinoa, oats, whole-grain pasta, potatoes
Fats & extras	olive oil, nuts/seeds, avocado, olives, herbs & spices

Meal Planning — Two Paths

- Batch cook staples (grains, proteins, roasted veg) 1-2x/week; assemble bowls/salads fast.
- Quick plan: choose 2 breakfasts, 2-3 lunches, 3 dinners; repeat with small variations.

Label Reading — Mini-Guide

Line	What to check
Serving size	compare to your actual portion
Fiber & protein	aim higher; fiber ≥ 3 g/serving in grains/snacks
Added sugars	prefer $\leq 5-8$ g/serving; watch syrups/dextrose
Sodium	general guide: ≤ 140 mg (low), ≤ 300 mg (moderate)/serving

Mindful Eating — Simple Cues

- Eat without screens when possible; pause mid-meal and rate hunger/fullness.
- Slow down: set cutlery down between bites; aim for 80% comfortably full.

Myths vs Facts

Myth	Fact
"Carbs make you fat."	Portions & quality matter. Whole-grain carbs with fiber support satiety and energy.
"Detox juices are necessary."	Your liver & kidneys detox naturally; focus on balanced meals & hydration.
"Skipping breakfast speeds fat loss."	Consistency and total intake are more important; choose a pattern you can sustain.

Sample Day Menu — Balanced & Simple

Meal	Example
Breakfast	overnight oats with chia, berries, yogurt; coffee/tea
Lunch	grain bowl: quinoa + salmon/tofu + roasted veg + greens + olive oil/lemon
Snack	apple + handful of nuts or hummus + carrots
Dinner	stir-fry veggies + chicken/tempeh + brown rice; side salad
Hydration	water/unsweetened tea throughout the day

Quick Checklist — Before You Eat

- Colour on the plate? (add veg/fruit)
- Protein present? (satiety)
- Whole-grain or starchy veg included?
- Added a little healthy fat?
- Glass of water nearby?



Scan the QR to open the full guide: What it means to eat right — and why.