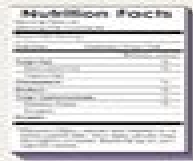


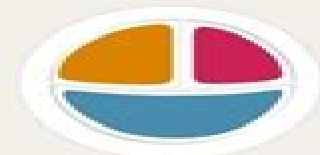
12 Healthy Eating Habits



Prioritize whole foods.



Learn to read food labels.



Eat balanced meals.



Cook your meals.



Enjoy a variety of foods.



Stay hydrated.



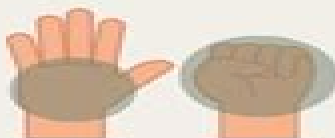
Eat slowly and chew.



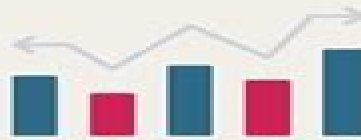
Eat without digital devices.



Use the hunger-fullness scale.



Pay attention to portion sizes.



Aim for consistency.



Ask for help, as needed.



Study Of The Life History Food Habits

AN Whitehead



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Range and Wildlife Habitat Evaluation ,1970 *Publications* Texas Agricultural Experiment Station, 1890 Annual Report - The Texas Agricultural Experiment Station Texas Agricultural Experiment Station, 1913 *Abstracts, US-International Biological Program Ecosystem Analysis Studies* International Biological Programme, 1973 Wildlife Research Bulletin ,1941

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