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A healthy diet keeps my mind and body strong. I eat plenty of fruits and vegetables. I consume at least 7 servings a day. **I stock my kitchen with delicious and nutritious choices.**

I focus on whole foods. I fill my plate with things that I could grow myself, whether they come from my garden or the local farmer's market.

I cut down on processed fare. I check labels so I can avoid excess sugar, salt, and unhealthy fats.

I experiment with new recipes. I broaden my eating patterns so I can enjoy my meals more. I discover interesting ways to use zucchini and flaxseed. I take a second chance on wholesome foods that I shunned when I was a child.

I snack wisely. I bring baby carrots and hummus to work instead of visiting the vending machine. For long car trips, I pack a cooler with yogurt and hard-boiled eggs. I treat myself to a handful of almonds before bed.

I watch my portion sizes. Moderation helps me to maintain a healthy weight.

I eat mindfully. I sit down and savor my food. I notice the scents, flavors, textures, and colors. I chew each mouthful thoroughly.

Today, I pay attention to what I put into my body. **Eating healthy foods is one of the ways that I practice self-love.** I enjoy my food, and feel grateful for the part it plays in helping me to lead a long and fulfilling life.

Self-Reflection Questions:

1. What is my primary motivation for eating healthy?
2. What is one new fruit or vegetable that I want to try?
3. How can I train myself to love healthy food?