

meet your

nutrition needs!

▶ The basics need to be met first, and that totally includes pleasure! Nourishing your body doesn't have to be complicated.



1 Enough

2 Enjoyment

3 Variety

4 Nutrients

- ▶ Add individual nutrients for a personal touch.
- ▶ The fine-tuning happens last!

- ▶ Eat the rainbow!
- ▶ Include multiple nutrients.
- ▶ Focus on balance, not perfection.

- ▶ Focus on satisfaction.
- ▶ Include cultural foods and preferences.
- ▶ Get curious in the kitchen.

- ▶ Be consistent.
- ▶ Honor hunger.
- ▶ This matters most!