

# 12 Healthy Eating Habits



Prioritize whole foods.



Cook your meals.



Eat slowly and chew.



Pay attention to portion sizes.



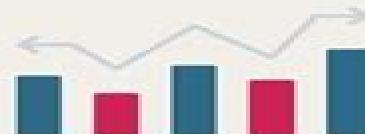
Learn to read food labels.



Enjoy a variety of foods.



Eat without digital devices.



Aim for consistency.



Eat balanced meals.



Stay hydrated.



Use the hunger-fullness scale.



Ask for help, as needed.



# Study Of The Life History Food Habits

**New York State Agricultural  
Experiment Station**

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