

A close-up photograph of a bright red apple. A white measuring tape with black numerical markings is wrapped around the apple in a spiral pattern. The tape shows numbers such as 125, 124, 123, 122, 121, 120, 119, 118, 117, 116, 115, 114, 113, 112, 111, 110, 109, 108, 107, 106, 105, 104, 103, 102, 101, 100, 99, 98, 97, 96, 95, 94, 93, 92, 91, 90, 89, 88, 87, 86, 85, 84, 83, 82, 81, 80, 79, 78, 77, 76, 75, 74, 73, 72, 71, 70, 69, 68, 67, 66, 65, 64, 63, 62, 61, 60, 59, 58, 57, 56, 55, 54, 53, 52, 51, 50, 49, 48, 47, 46, 45, 44, 43, 42, 41, 40, 39, 38, 37, 36, 35, 34, 33, 32, 31, 30, 29, 28, 27, 26, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. The apple is resting on a dark, reflective surface. A semi-transparent white rectangular box with a thin red border is centered over the apple, containing the title text.

10 HABITS OF HEALTHY EATERS



*Healthy eaters recognize
the value of small snacks*

Healthy eaters
take their time
eating meals





Healthy eaters have
colorful plates



**Healthy
eaters don't
binge or eat
a lot of food
in one sitting**



Healthy
eaters
eat with
others



Healthy eaters eat
for hunger, not
behind emotions



**Healthy
eaters have
dessert
sparingly**





*Healthy eaters pay attention
to what they are eating*

A close-up photograph of several ripe, red strawberries with green leafy tops. The strawberries are arranged in a cluster, with some in sharp focus and others slightly blurred in the background. A semi-transparent, reddish-orange rectangular overlay is positioned on the right side of the image, containing white text.

*Healthy
eaters
have
control
over food*

A close-up photograph of a white ceramic bowl filled with a fresh salad. The salad consists of vibrant green spinach leaves, several slices of white mushrooms with brown gills, and a single strip of red bell pepper. The bowl is set on a dark, patterned surface. In the upper left corner, a white ceramic dish containing a yellow liquid, likely olive oil, is partially visible. A semi-transparent green rectangular overlay is positioned on the right side of the image, containing the text.

*Healthy
eaters
are not
obsessed
with food*