**Seven golden rules for healthy eating habits**

1. Drink plenty of water. Set a goal to drink 8 cups of water every day. Also try and drink more water than soda, juice, or other sugary beverages.   


2. Eat more fruit and vegetables (at least 2 fruits and 5 vegetables every day).   


3. Manage your [portion](http://measureup.gov.au/internet/abhi/publishing.nsf/Content/glossary#P) sizes! Eat small portions of grains and proteins, and larger portions of vegetables and fruit.



4. Eat less [processed food](http://measureup.gov.au/internet/abhi/publishing.nsf/Content/glossary#P). This means chips, cookies, and crackers and candy. Remember, if you have to unwrap it, it is processed. Try swapping these foods out for fruits and vegetables!  
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5. Eat regular meals – don’t skip meals – and always eat a healthy breakfast (e.g. bowl of whole grain cereal with blueberries and low fat milk).  


6. Don’t eat too quickly. When you slow down, you will recognize that you are full.

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7. Get plenty of exercise! Do something to get exercise for at least 30 minutes, at least 3 or 4 days per week.

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