



NUTRITION



Apps

[View apps here](#)



Podcasts

[View recommended podcasts here](#)

Nutrition

Nutrition lays the foundation for good health. Eating a wide variety of essential nutrients can have a lasting positive impact on your wellbeing. Learn to nourish your body with nutrient-rich foods.

Definition:

The practice of choosing nutrient-rich foods that support good health.



Key Takeaways

- A healthy diet includes a wide variety of nutrient-rich foods.
- Menu planning is essential to ensure nutritional needs are met.



Key Habits

- Choose a wide variety of brightly colored fruits and vegetables.
- Choose high-quality proteins, such as meat, eggs, beans, nuts and seeds.
- Include 25 to 35 grams of fiber each day from whole grains and carbohydrates.