



YOUR SCORE INDICATES YOUR EATING TYPE IS HEALTHY EATER

While healthy eating can have many meanings, the goal of this quiz is focused upon dietary choices. Your score reflects good dietary choices and a healthy eating pattern! Congratulations!

Here are some elements of healthy eating that you may want to consider as you continue your healthy eating pattern.

Hopefully your diet is heavily weighted (or an overall) plant-based diet as a plant-based diet is not only nutrient dense and healthful, but one that is kind to animals and the planet.

Beyond the physical perspective of becoming nourished, healthy eating is strongly associated with mental well-being and mindful eating.

One nutrient that is often overlooked (even with healthy eaters) is water. Making sure you are staying hydrated is an important component to a healthy diet. While there is no perfect formula for everyone on how much water to drink, the standard of 8 glasses per day is still recommended. And the adage still goes – if you are thirsty, you are already dehydrated.

Beyond dietary choices, healthy eaters enjoy their relationship with food. They delight in the beauty, color, texture, and health-giving nutrients derived from what they are eating.

Occasionally everyone finds themselves in situations where they might crave “comfort foods.” However, it does not become a permanent or long-lasting occurrence for the healthy eater.

Eating healthfully is sometimes referred to as an art rather than a science because it encompasses a positive and close connection with ourselves and the enjoyment of eating nourishing food.

In Health!

You might want to try some delicious plant based recipes here! Enjoy!
<https://wholehealthlongevity.com/plant-based-recipes/>

Carol Amendola D’Anca MS, LDN, CNS