Nutrition & Hydration Basics

A practical learning aid for everyday routines.

Balanced meal building

■	Include a variety of vegetables and fruits
■	Choose protein foods that fit your preferences
■	Add whole grains or other fiber-rich carbohydrates
■	Include healthy fats in enjoyable portions
■	Notice hunger, fullness, and satisfaction

Hydration habits

■	Keep water accessible
■	Pair water with meals or routine transitions
■	Notice thirst, heat, activity, and personal needs
■	Ask a licensed professional about medical fluid restrictions

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My simple plan

A meal I enjoy building	
A hydration cue I can practice	
A supportive grocery or meal-planning idea	

Consistency grows from habits that fit real life.

General education only. Personal medical nutrition needs belong with a licensed healthcare professional.