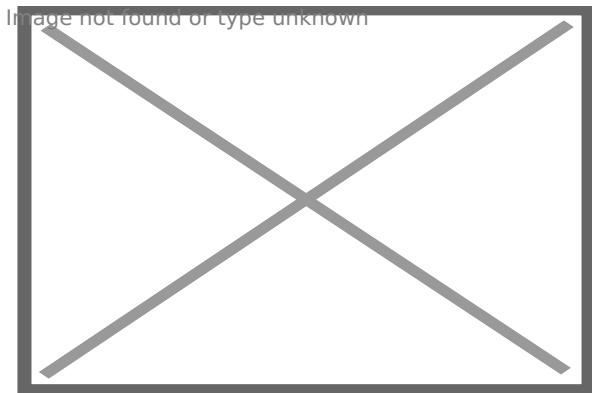


Highly Palatable Foods and Over-eating

Post by “Kalosyni” of April 21, 2025 at 3:21 PM

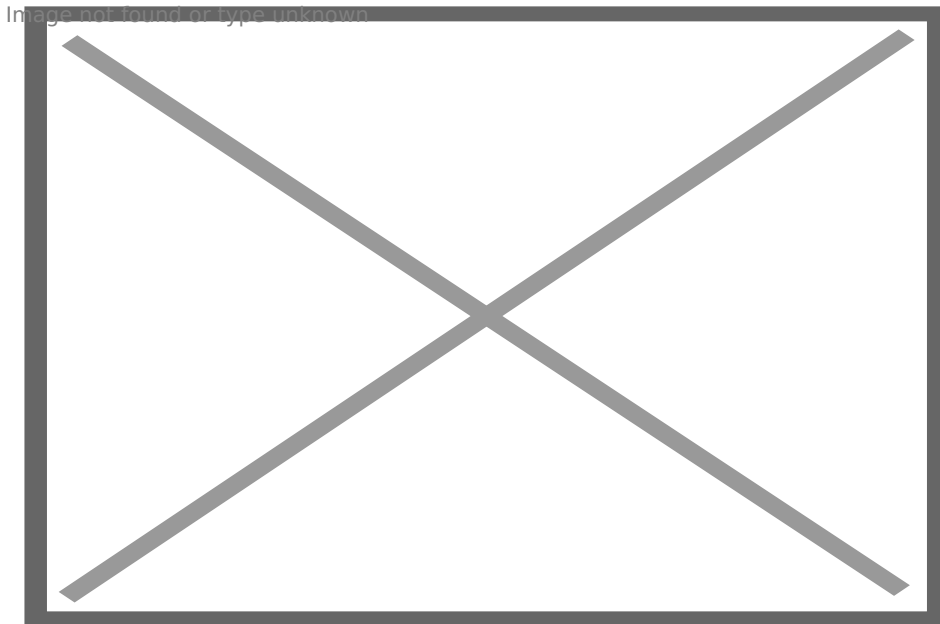
Here are some articles on how to change to healthier eating patterns. These are all common sense, but yet sometimes hard to implement:



[Limit highly processed foods](#)

Preparing foods with healthy ingredients and choosing healthier menu options are ways to limit highly processed foods.

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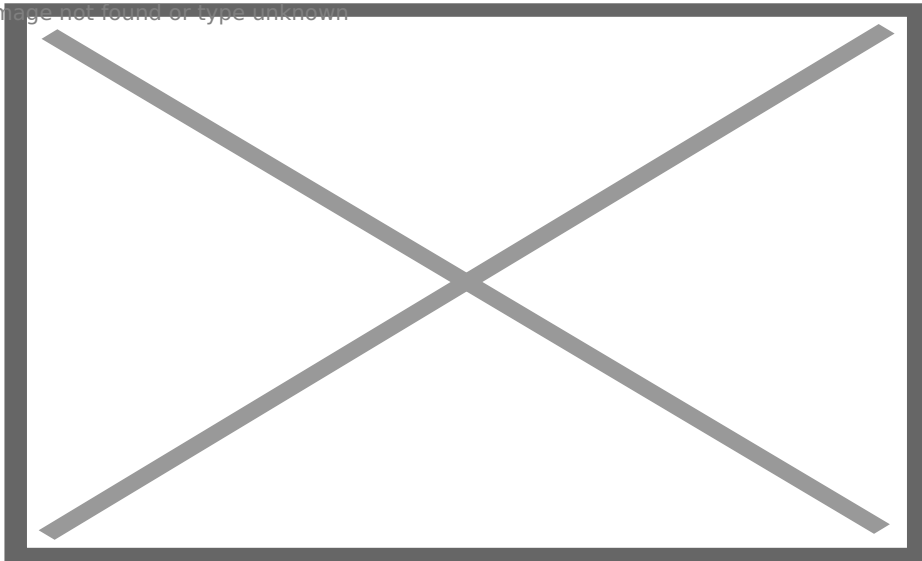


[Healthy eating while eating out](#)

The food choices you make when eating outside of the home are important. Learn how to make healthier choices when you are eating out.

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[Choose healthy menu options](#)

Choosing healthy menu options when you are eating out can be an important step to limiting highly processed foods. If you eat out often, remember that the...
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