

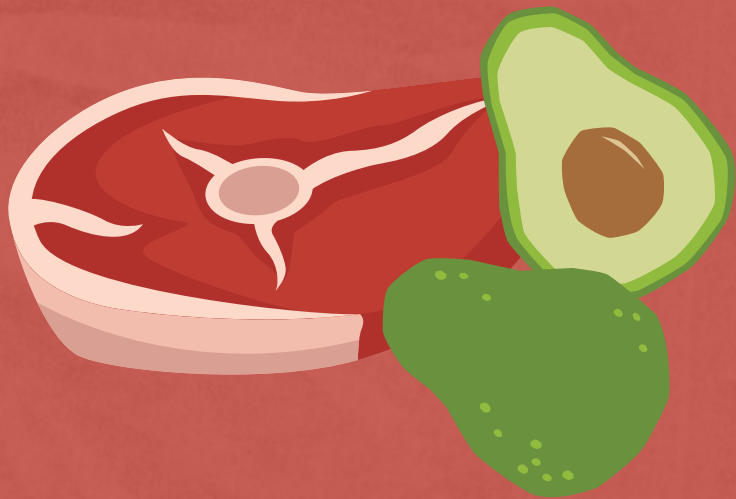


Healthy Eating Tips



Fruits & Vegetables

Consume a variety of fruits and vegetables. Be sure to try new things!



Protein Choices & Healthy Fats

Include lean protein sources like poultry, fish, tofu, and beans in your diet.

Reduce Sugar & Balanced Meals

Balance your food groups by including vegetables, fruits, lean proteins, whole grains, and healthy fats.



Plan Ahead

Plan your meals and snacks in advance to make healthier choices and make more nutritious decisions.

