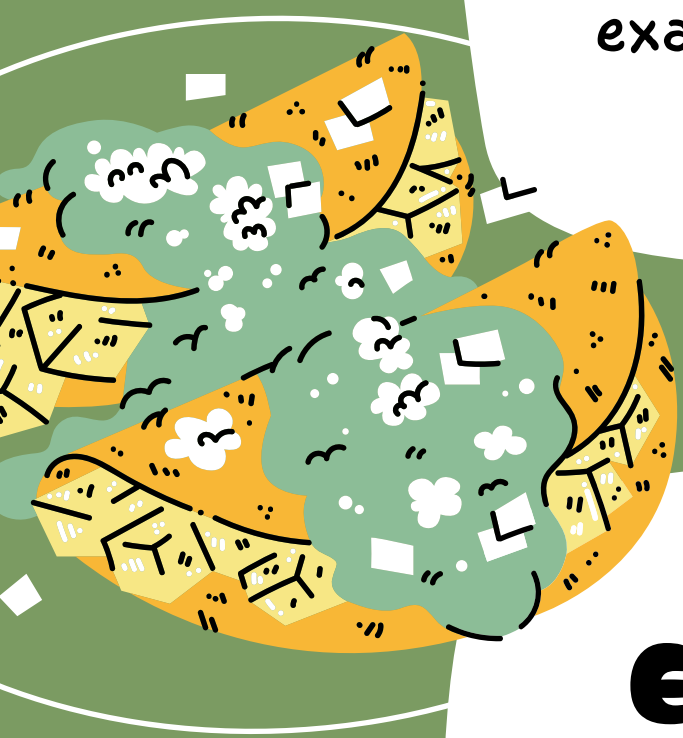


# TIPS FOR HEALTHY LIVING WITH HEALTHY FOOD

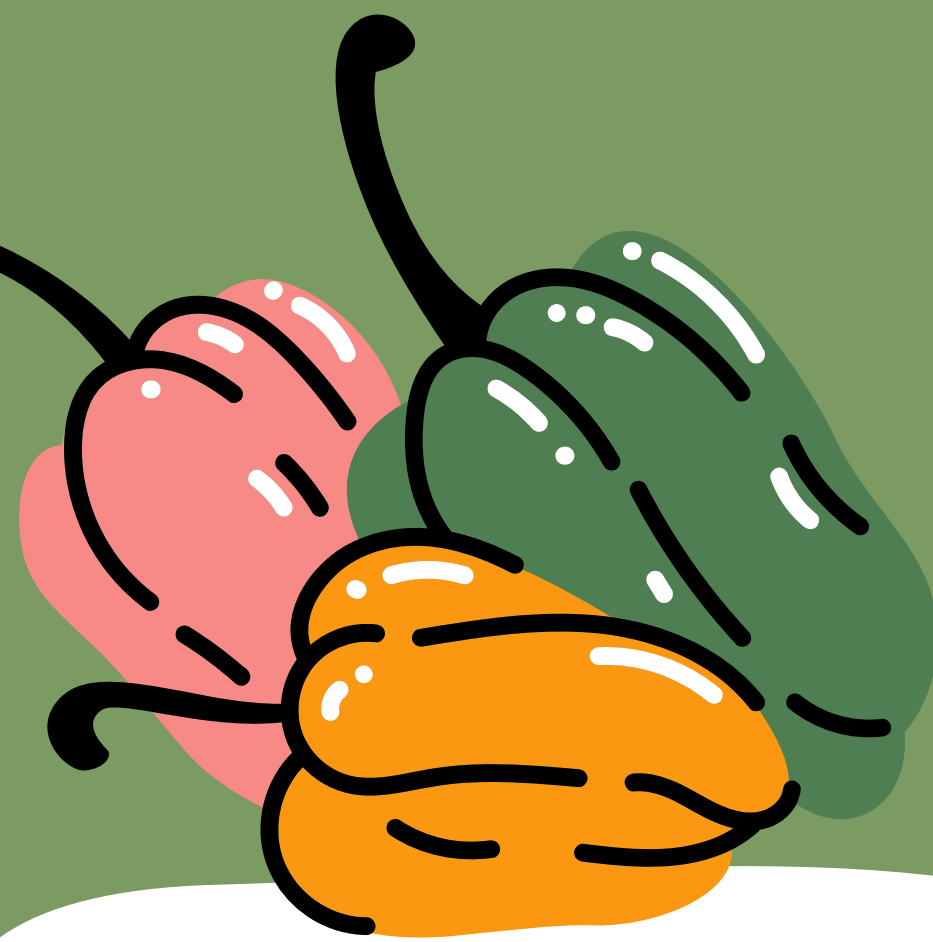
## CHOOSE LOW CALORIE FOODS

Choose foods that provide high nutrition but are low in calories. For example, fruits, vegetables, whole grains, and lean protein.



## EAT HEALTHY PROTEIN

Protein can help maintain muscle mass and make you feel full longer. Choose healthy protein sources such as lean meat, fish, eggs.



## INCREASE VEGETABLES

Vegetables and fruit are rich in fiber, vitamins and minerals, and low in calories. Eating more vegetables and fruit can help you feel full longer.



## PAY ATTENTION TO HOW TO COOK

Use healthy cooking methods, such as boiling, steaming, or grilling instead of frying in lots of oil.

