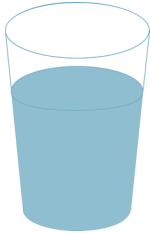


# TOP 10 HEALTHY EATING TIPS

## 1 CHOOSE WATER



Sugar-sweetened drinks contain a lot of calories and have few nutrients.

## 2 READ LABELS

Limit items high in saturated fat, sugar, and sodium.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 6g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 5g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

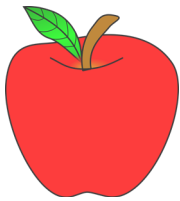
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. A 2,000-calorie diet is used for general nutrition advice.

## 3 MAKE HALF YOUR GRAINS WHOLE

Look for whole grains listed first or second on ingredient list.



## 4 CHOOSE WHOLE FRUITS



Fresh, frozen, dried, or canned in 100% juice. Enjoy with meals, snacks, or dessert.

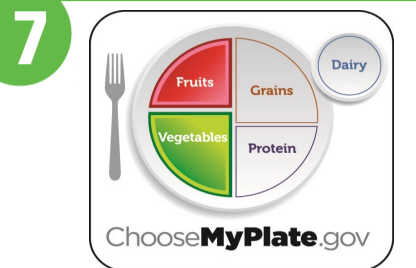
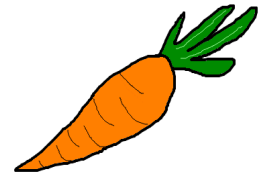
## 5 MIX UP YOUR PROTEIN



To include fish, seafood, beans, peas, nuts, seeds, eggs, and lean meats.

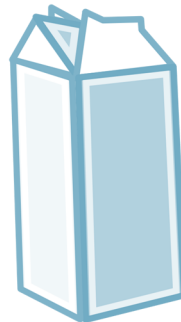
## 6 VARY YOUR VEGGIES

Choose a variety of colorful vegetables prepared by steaming, sautéing, roasting, or raw.



MAKE HALF YOUR PLATE FRUITS & VEGGIES

## 8 CHOOSE LOW-FAT OR FAT-FREE DAIRY TO REDUCE SATURATED FAT.



EAT A VARIETY OF FOODS TO GET THE NUTRIENTS AND CALORIES NEEDED.



10 USE A SMALLER PLATE TO CONTROL PORTION SIZE. TAKE TIME TO ENJOY SMALLER MEALS.