## 10 Tips to Eat Healthy

### 01
Choosing frozen fruits and vegetables, dried fruits, canned fruit in 100% juice, low-sodium canned vegetables is healthy and budget friendly.

### 02
Choosing whole grain options of your favorite foods, like whole wheat breads, crackers, and pastas is a good way to get more fiber and nutrients.

### 03
Eating 3 meals a day can help our bodies to do their jobs. Skipping meals can lead to overeating, weight gain, changes in blood sugar, and low energy.

### 04
Eating food from all food groups helps our bodies get all of the nutrients it needs. The 5 food groups are dairy, fruits, vegetables, grains, and protein.

### 05
Boiling, steaming, or baking foods is healthier than frying.

### 06
Flavoring water with fresh fruit or adding sugar-free flavor packs instead of juice or soda can help us to consume less sugar.

### 07
Choosing low-sodium canned foods, eating out less, and using herbs and spices instead of salt can help lower sodium in our diets.

### 08
Adding fiber in your diet helps keep you full and can lower cholesterol. Fiber is found in fruit, vegetables, whole grains, and beans.

### 09
Prepping food in advance helps to make sure you have healthy choices ready to go. Try chopping ingredients ahead of time for quick weeknight meals or portioning out snacks.

### 10
Using fats, like olive oil and canola oil instead of butter or margarine is a good way to lower the saturated fats in your diet. This can help control your cholesterol levels and support heart health.

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