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.