

Salt

Eating too much salt can cause high blood pressure and lead to other health problems.

- **Opt for fresh or frozen vegetables** instead of canned vegetables
- **Cut back on salty snacks** such as potato chips, nuts, and pretzels
- **Choose low-salt or reduced-sodium products**

Sugar

Sugar causes energy ups and downs and can add to health and weight problems.

- **Avoid sugary drinks.** Try sparkling water with lemon or a splash of fruit juice
- **Eat naturally sweet food** such as fruit or peppers

Downsize your portions

Large portions can contribute to excess calories and weight gain.

- **Reduce** portion sizes
- **Measure and weigh** foods using a food scale if possible

Healthy Carbs

Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.

- **Eat** more whole grains
- **Eat** more fresh fruits
- **Eat** more fresh vegetables

Water

It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

- **Drink** water often throughout the day
- You should drink about 8-10 glasses of water, **daily**

Exercise

Regular exercise may motivate you to make healthy food choices a habit.

- Find something active and add it to your day
- Do **cardio** 3-4 times a week
- Get **active** for at least 30-60 minutes per day