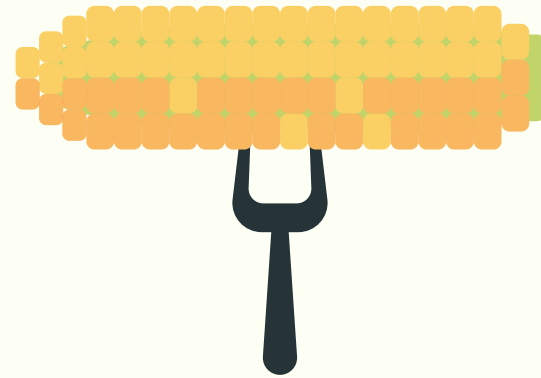


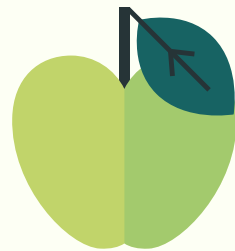


Healthy Eating



Your food choices can help you stay healthy and they're not that hard.

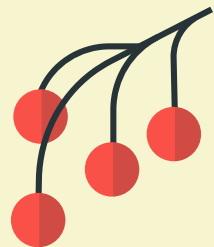
Here are some basic tips to keep you on track:



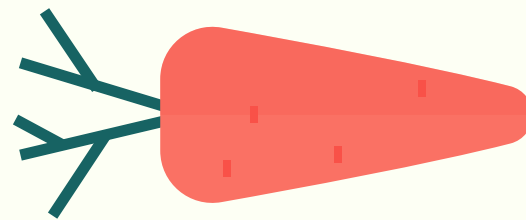
Put more fruits, beans, lentils, and whole grains on your plate.



Buy less fast food, canned/dried soups, salty snacks, prepared frozen dinners.



Drink more water!
Limit sugary drinks, candies, and desserts.



Choose brightly colored vegetables over French fries.

