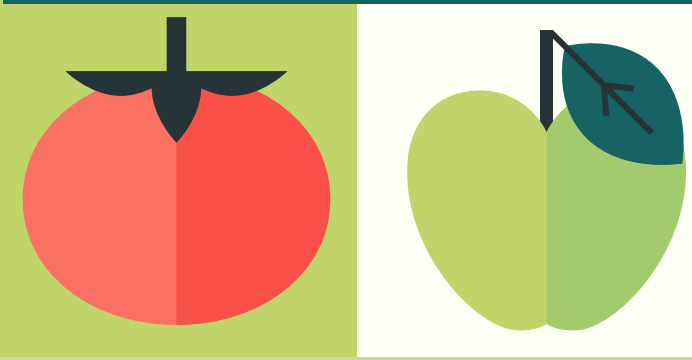


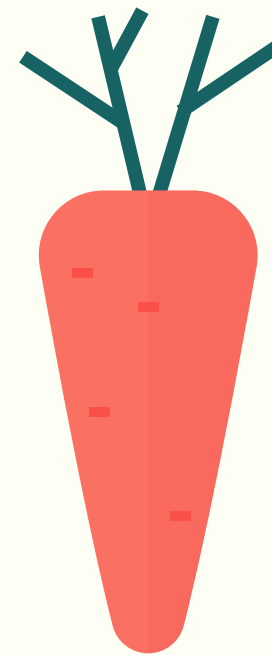
Healthy Eating

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.



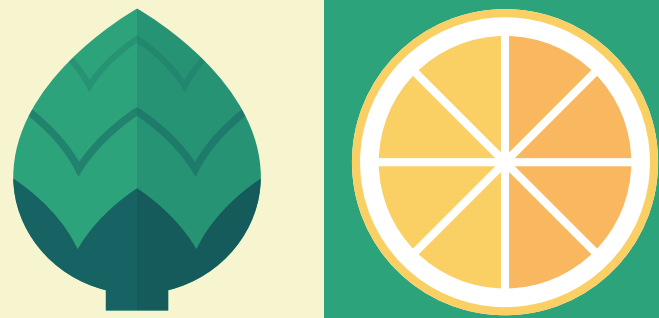
Buy less fast food, canned/dried soups, salty snacks, prepared frozen dinners.

Drink more water!

Limit sugary drinks, candies, and desserts.



Choose brightly-colored vegetables over French fries.



You can do this! Find meal planning tips here:

cdc.gov/diabetes/managing/eat-well/meal-plan-method.html

