



HEALTHY EATING



Include fruits and vegetables in your diet



Reduce sugars



Hydrate the body with water throughout the day



Do not snack before meals



Eat whole grain foods not refined products



Learn to read nutrition panels on the foods you purchase to make sure healthy ingredients are used



Reduce salt in your foods



Make sure you have a diet rich in fiber, complex carbohydrates, protein and healthy fats



Stay away from saturated fats and trans fats



Listen to your body when it says it is full



Do not skip breakfast



Eat healthy, but also exercise each day to compliment your diet