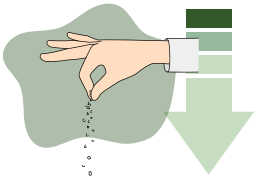
Six Nutrition Tips

INCORPORATE THESE TIPS INTO YOUR DIET

	Eat different types of food daily; this includes fruit, vegetables, meat, dairy, nuts, and grains.	1
	Eat 5 servings of fruit and vegetables per day to help lower the risk of health problems like heart disease, stroke, and cancer	2
	Eat lean meat, poultry, fish, eggs, and dairy products	3
	Reduce sugar in your diet and avoid sweet, carbonated beverages	4
	**Use less salt** and **eat fewer fatty foods and highly-processed foods**	5
	Drink more water instead of juice, sodas and other sweetened beverages	6