

Easy Ways to Eat Healthier

Healthy eating doesn't have to be hard. Here are some easy ways to get your diet in better shape and leave you looking good and feeling healthier.

Eat a healthy breakfast

Add fruit or vegetable to every meal

Switch to low-fat or non-fat milk

Drink water with your meals instead of soda or juice

Eat smaller portions

Pack a healthy lunch or snack to take with you

Avoid vending machines

Skip the chips

Try healthy snack like fruits and veggies, whole wheat crackers or unsalted nuts

Have a salad instead of fries and ask for the dressing on the side

Use less salt

Uses less butter, and cut back on added fats or oils in cooking

Grill, bake or steam instead of frying

Plan your meals for the week

Make a grocery list before you go shopping and don't shop when you are too hungry

Shop for lean meats, chicken, turkey or fish

Turn off the TV and computer while eating— you'll be less likely to overeat

Eat sweet food in small amounts



For More Information
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