

Know What You're Eating



FROZEN FOODS



In addition to farm grown fruits and vegetables, frozen fruits and veggies can also provide adequate nutrition.



PROCESSED FOODS

Not all processed foods are unhealthy. Some that are low in sugar and sodium can be part of a healthy diet, such as yogurt and grain bars. Be aware of harmful additives like high trans fats.

CANNED GOODS



Rinse and drain your canned goods to get rid of the added salts and sugars.



NATURAL FOOD

Not all food labeled "natural" is healthy. Natural just means minimal processing. Instead look for labels that say organic.

BE AWARE OF PORTION SIZES



- A balanced diet consists of healthy portions, serving sizes and calories consumed.
- ½ Plate = Vegetables/Salad.
- ¼ Plate = Lean Protein.
- ¼ Plate = Carbohydrate



LIMIT SUGAR



Make sure to limit sugar drinks and sweets, that contain added calories. You can consume healthier sweets in reasonable amounts, like dark chocolate or sugar free chewing gum.

