



Six Nutrition Tips

INCORPORATE THESE TIPS INTO YOUR DIET



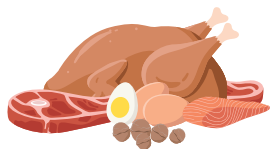
Eat different types of food daily; this includes fruit, vegetables, meat, dairy, nuts, and grains.

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



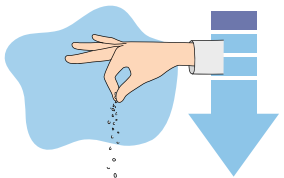
Eat lean meat, poultry, fish, eggs, and dairy products

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