

TO EAT A HEALTHIER DIET:

- † Eat a variety of foods. † Replace saturated fats in your diet with unsaturated fats.
IUXLWV ZKROH JUDLQV EHDQ With Unsaturated Fats GWH ROLYH
OHDQ PHDW VHDIRRG HJJV PEDQROD RU RWKHU YHJHWDE
\RXXUW DQG FKHHVH RI EXWWHU PHDW IDWV RU V
- † Cut back on sodium. † Choose more complex carbs. (DW
DUH ORZ LQ YLWDPLQV DQG PLQWUHQORPSOH[FDUEV OLNH V
“EHU 7KHVH DUH IRXQG LQ ZH
- † Cut down on sugar. 3LFN IRRG ZLWK OLWWOH
RU QR DGGHG VXJDU &KRRVH SDFNDJHG VWDFUFA` ,H Đp€đđđđKHU Yà0`
IRRGV ZLWK OHVV WRWDO VXJDU
- † *HW PRUH “EHU ,QFUHDVH \RXU “EHU
LQWDNH JUDGXDOO\ VR \RXU ERG\ FDQ JHW
XVHG WR LW