

Tips to Eat Healthier

Eat different colors of fruits and vegetables to get a variety of nutrients.

Use a smaller plate or bowl to encourage appropriately sized portions.

Plan ahead to make sure your meals are balanced and healthy.

Keep a food diary to help track what you eat.

Have fresh or dried fruit for a snack.

Keep a bowl of fruit on your counter so it's easy to find.

Eat steamed, broiled, or grilled foods instead of fried foods.

Switch to low-fat or non-fat milk.

Eat at least two vegetables with dinner.

Drink water instead of soda and other sugar-sweetened drinks.