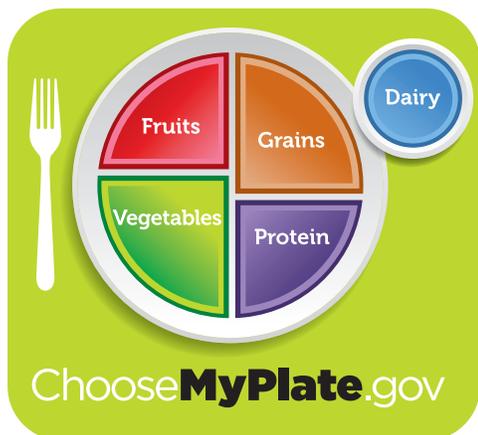


Just follow these basic tips to learn how to eat healthier.

Healthy Eating Tips

Eat more fresh fruits and vegetables.

Fresh fruits and vegetables are affordable, nutritious and delicious! The old food pyramid has been replaced with a new fruit- and vegetable-rich plate, making it easier to understand portion sizes and how to eat right. Switch to fat-free or low-fat milk.



Beware of hidden sugars.

Many packaged and processed foods contain high levels of hidden sugar and can be listed as corn syrup, molasses, brown rice syrup, cane juice, fructose, dextrose or maltose. Too much sugar causes rapid swings in energy and blood sugar, and can lead to many serious health problems.

Know your good carbs from your bad carbs.

Avoid unhealthy or “bad” carbohydrates such as foods with white flour, refined sugar and white rice that have been stripped of all bran, fiber and nutrients. They digest quickly and cause spikes in blood sugar levels and provide only short-lived energy.

For healthy or good carbs – eat whole grains, beans, fruits and vegetables. Healthy carbs are digested slowly and provide long-lasting energy and keep blood sugar and insulin levels stable.

Pass up the salt (Sodium).

The adult body needs about 1,500 milligrams of sodium (salt) per day to regulate fluids and blood pressure, and to keep muscles and nerves running smoothly. But too much can lead to high blood pressure, a major risk factor for stroke, heart disease and kidney disease.

Remember Fat-Free is not Calorie-Free.

Many people who are looking for healthier alternatives buy foods labeled fat-free or low-fat without checking the calories. Look closely when you buy certain foods like candy, salad dressing and snack foods. When fat is taken out of a product, other additives and calories must go in to take its place in order to enhance the flavor and texture of the food.

For more information on dietary guidelines for Americans, go the U.S. Food and Drug Administration (USDA) website at www.cnpp.usda.gov