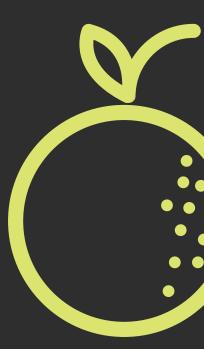




HEALTHY EATING EATING BABITS Drink water instead of high-sugar drink Pack a healthy lunch and snacks for work. This lets you have more control over what you eat. Put your snacks on a plate instead of eating



from the package. This helps you control how much you eat







