

HEALTHY EATING HABITS



KEEP MORE FRUITS, LOW-FAT DAIRY PRODUCTS (LOW-FAT MILK AND LOW-FAT YOGURT), VEGETABLES, AND WHOLE-GRAIN FOOD AT HOME AND AT WORK. FOCUS ON ADDING HEALTHY FOOD TO YOUR DIET, RATHER THAN JUST TAKING UNHEALTHY FOODS AWAY. 🙋

TRY TO EAT A FAMILY MEAL EVERY DAY AT THE KITCHEN OR DINING TABLE. THIS WILL HELP YOU FOCUS ON EATING HEALTHY MEALS.

DRINK WATER INSTEAD OF HIGH-SUGAR DRINKS (INCLUDING HIGH-SUGAR JUICE DRINKS) 🥤

