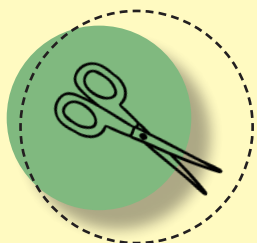


HEALTHY EATING

Survival Kit



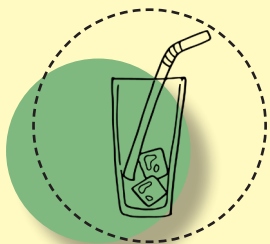
Cut out Empty Calories

Empty calories are those found in foods and drinks that lack healthful nutrients and are high in calories. This includes sodas, juices, desserts, and junk foods.



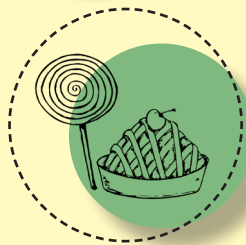
Load up on Veggies

Vegetables are packed with fiber and other important nutrients like vitamins and minerals. The fiber will help fill you up and the vitamins and minerals will help you feel good and energized!



Drink Water

Drinking water is a great way to save money and save calories throughout the day. Water is needed to keep the body functioning properly and efficiently. The average person needs at least 6-8, 8oz cups of water a day.



Indulge Occasionally

You could drive yourself crazy trying to avoid your favorite foods and drinks! Instead, indulge in a small serving of the item you crave for a special occasion. After you indulge, get back to making healthy choices!



Carry a Snack Pack

One of the best defenses to a bad food choice is having healthy food with you at all times. Grab some nuts, fruits, and whole grain crackers each morning before leaving the house.



Portion, Portion, Portion

Knowing the correct portion size is key to not overeating. Use the serving sizes printed on the Nutrition Facts Label as a portion guide.