

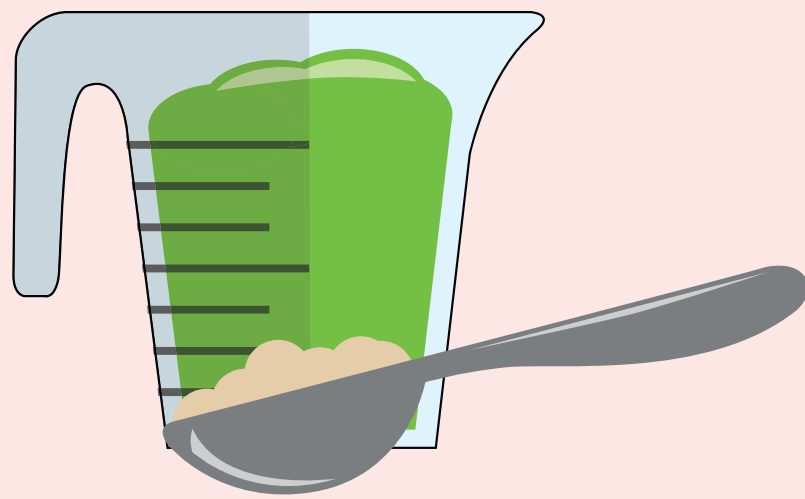


10 Tips for Developing Lifelong Healthy Eating Behaviors

1 Eat more vegetables.



2 Learn to estimate food amounts.



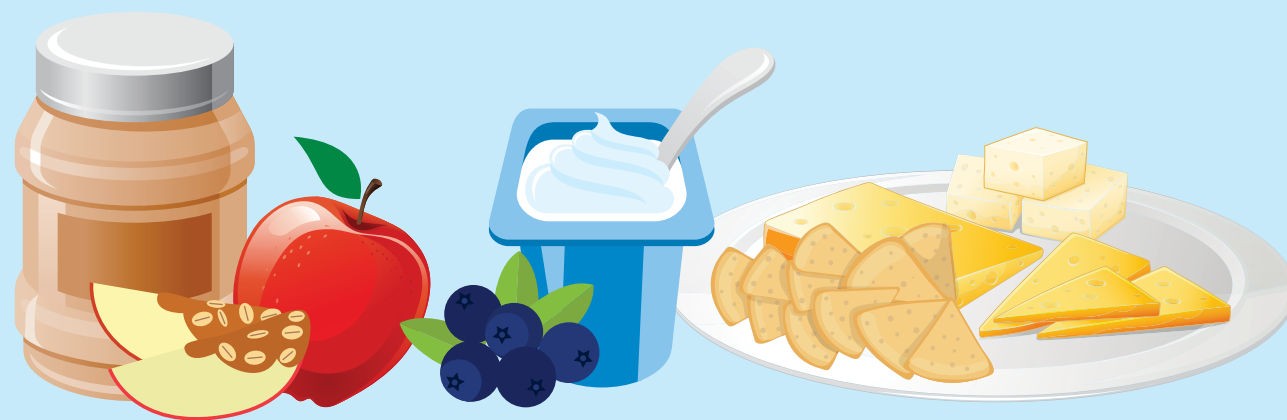
3 Spend time planning and preparing your own food.



4 Replace solid fats with oils.



5 Select healthy snack options.

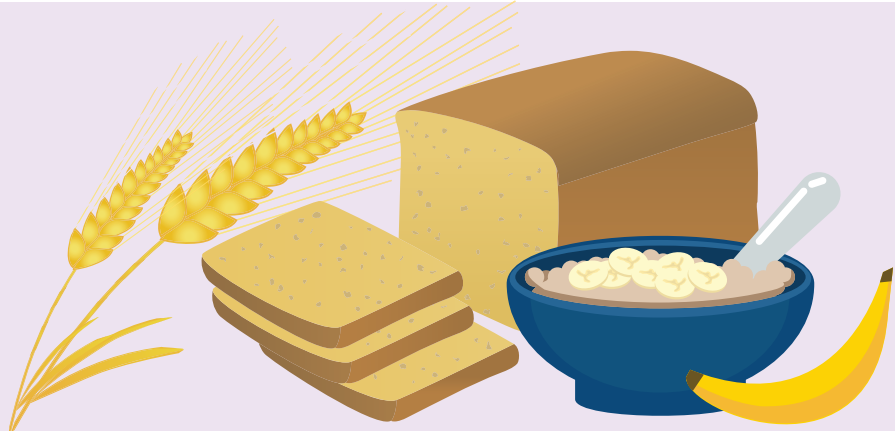


6 Use the Nutrition Facts label to make healthier food choices.

Nutrition Facts	
1 serving per container	
Serving size	1 cup (245g)
Amount per serving	
Calories	145
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 162mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 2g Added Sugars	4%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 419mg	32%
Iron 0.2mg	1%
Potassium 537mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

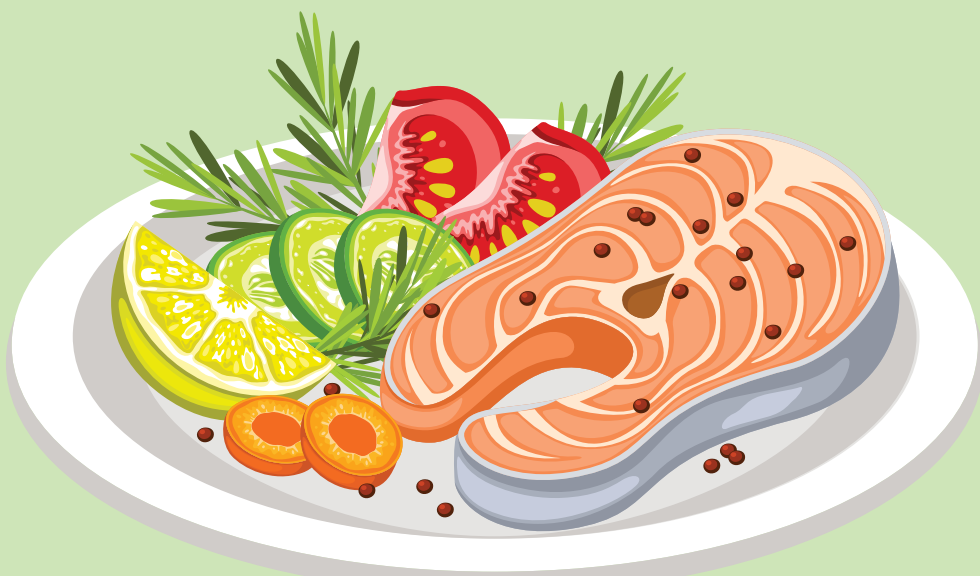
7 Consume more whole grains.



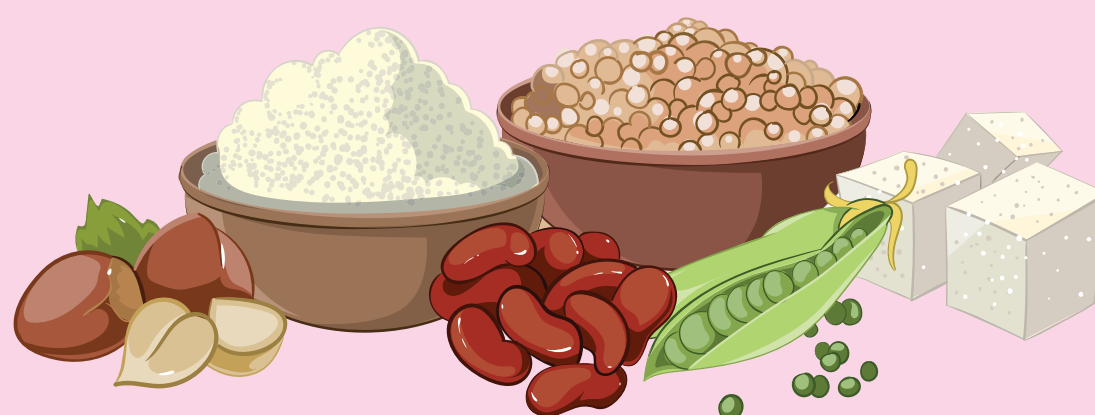
8 Replace soda with water or milk.



9 Eat minimally processed or unprocessed foods more often.



10 Incorporate plant-based proteins into your meal plan.



Source for all information:

Nutrition and Wellness for Life



Goodheart-Willcox
Experts in Career and Technical Education

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