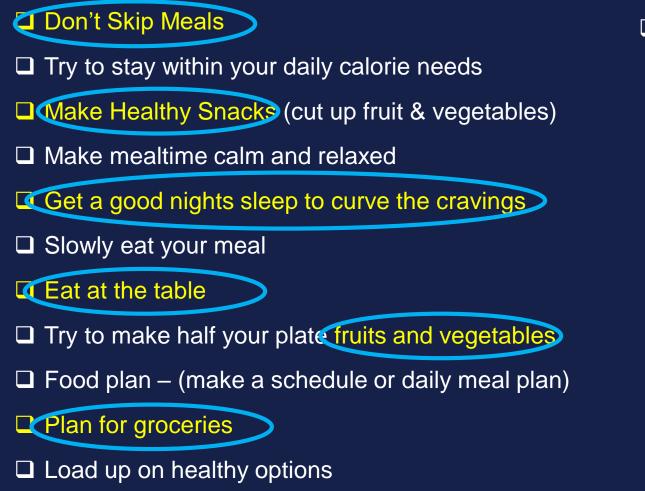
Health Eating Tips



Select nutrient rich foods, "eat the rainbow" (CDC, 2020)

- fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- lean meats, poultry, fish, beans, eggs, and nuts
- low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars



Center for Disease Control and Prevention. (2020, March). Healthy Eating for a Healthy Weight. Retrieved from https://www.cdc.gov/healthyweight/healthy_eating/index.html