

Nutrition Strategies for Health

Keep a Food Journal

Drink Adequate Fluid

Eat Several Times a Day

Increase Fruits and Veggies

Focus on Whole Grains

Be a Label Reader

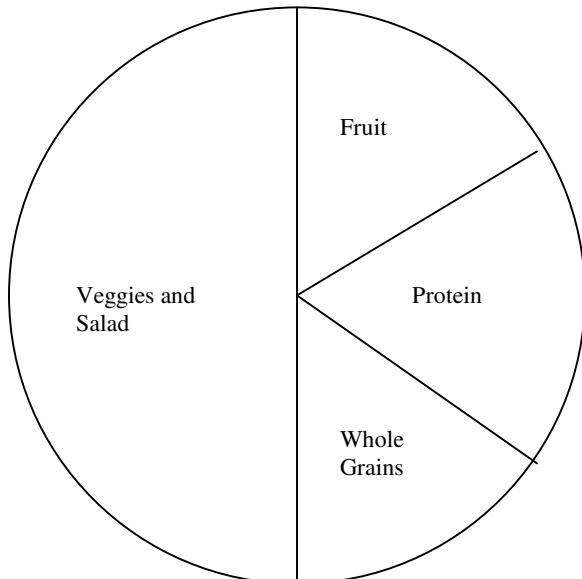
Eat the right Fats and Oils

Choose Lean Meats or Alternate Protein Sources

Choose Fat Free Dairy or Alternate Sources

Eliminate or Decrease Liquid Calories

Practice the Plate Method



Meal Ideas:
