



### QUICK TIP

**TRACKING MEALS ON THE MYHEALTHCHECK360 APP IS AN EASY WAY TO LEARN JUST HOW MANY CALORIES ARE IN YOUR FAVORITE FOODS.**

## TAKE CONTROL OF YOUR PLATE

Making meals at home puts you in control of what you eat. Many times, restaurants make meals with more fat, salt, and sugar. Research even suggests that Americans eat smaller portions at home than they do in a restaurant.



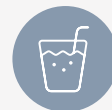
### START ON THE RIGHT FOOT

Swap your morning cereal for plain Greek yogurt with granola and fresh fruit. This nutritious breakfast is packed with protein and will keep you full longer.



### PREPARATION IS KEY

Pack your lunch and snacks for the day rather than having to rely on making healthy decisions when hungry. Fill your workstation with healthy snacks. They're convenient and keep you energized all day.



### DON'T DRINK YOUR CALORIES

An average soda has 150 calories, resulting in an additional 15 pounds every year. Swap your soda with fizzy water for a similar taste without the additional calories and sugar.