



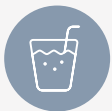
QUICK TIP

EAT 5 TO 9 SERVINGS OF FRUITS AND VEGETABLES A DAY.

People who get the proper servings of fruits and vegetables are at lower risk for developing chronic diseases like diabetes and heart disease.

TAKE CONTROL OF YOUR PLATE

A healthier diet can improve all aspects of your health, from brain function to physical performance, resulting in more energy. Eating nutritious foods is the first step to living a healthy life.



AVOID PROCESSED FOODS

Eating more whole foods (anything that doesn't have an ingredient list) increases your daily intake of vitamins and nutrients, fueling your body with energy to keep you going all day.



WHAT'S "GOOD FAT"

Eating unsaturated fats lowers your risk for heart disease and high blood pressure. Foods that increase your healthy fat intake include olive oil, avocados, whole eggs, and even dark chocolate.



NUTRITIOUS CAN BE GOOD

To add more flavor to your plate, swap vegetable oil with olive oil and add healthy spices like oregano, rosemary, ginger, and garlic to your dish.