

## Quick Tips for eating healthy

1. Try eating smaller amounts of food every 3 hours instead of waiting long periods of time without eating and then eating too much.
2. Slowly introduce more high fiber foods to your shopping list. Foods like beans, peas, corn, potatoes, cabbage, cactus and multigrain, bran, or shredded wheat cereals are good sources of fiber to incorporate into your everyday eating. The reason fiber helps your health is because it helps aid and control digestion and it also replaces the fatty foods.
3. Move around!! Even if it's for 10 minutes. You can enjoy great benefits from movement, exercise or activity even if you do just 10 minutes at a time, 2 or 3 times a day.
4. To avoid excess salt or sodium, read food labels for the amount of sodium per serving. Choose the brands that are lower sodium.
5. You can decrease the amount of fat you consume by choosing low fat or fat free cheeses. You can also use plain nonfat yogurt (no sugar) instead of sour cream. Peel skin off of chicken and trim fats off of meats. Prepare foods baked, grilled, or boiled and fry less.