NUTRITION

According to the U.S. Department of Health, about one-third of U.S. adults (33.8%) are obese. Even for people at a healthy weight, a poor diet is associated with major health risks to illness.

HEALTHY EATING CAN :

- PROVIDE NUTRIENTS AND ENERGY FOR BRAIN FUNCTION
- REDUCE HIGH BLOOD PRESSURE
- LOWER HIGH CHOLESTEROL
- IMPROVE YOUR ABILITY TO FIGHT OFF ILLNESS
- HELP CONTROL WEIGHT

TIPS FOR EATING HEALTHY:

- REPLACE ALL SUGARY DRINKS WITH WATER
- LIMIT PACKAGED JUNK FOOD
- AVOID FOODS GRANDMA WOULDN'T RECOGNIZE AS FOOD
- EMPHASIZE FRUITS AND VEGGIES ON YOUR PLATE