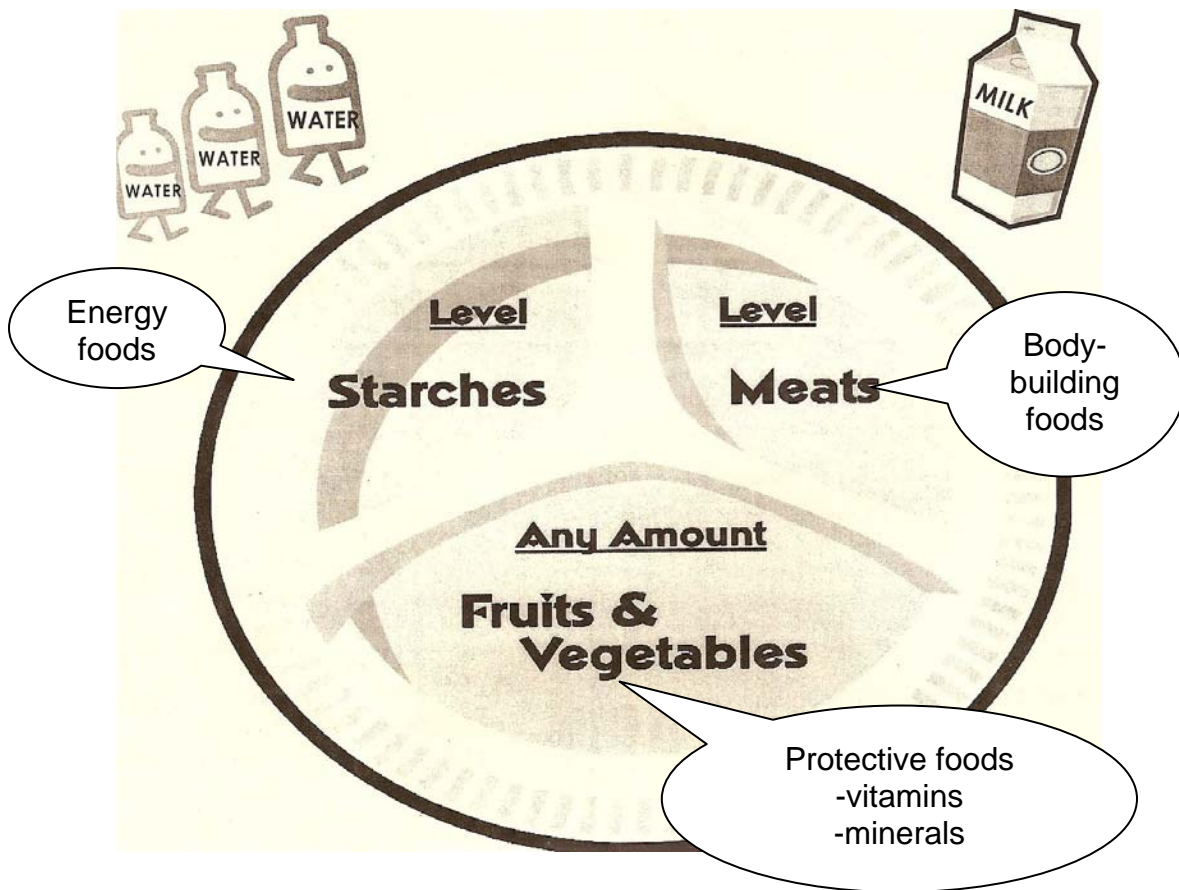


Healthy Eating

- 3 Food Groups



***Eat moderate amounts of a wide variety of foods from each group.**

- Moderation is Important

Eat Less of...	Why?	How?
Fatty foods	Too much causes weight gain & increased risk of heart disease & some cancers.	<ul style="list-style-type: none"> Grill, boil, steam instead of fry Eat fruits instead of cookies, cakes, chips, donuts Eat lean meats, chicken, fish & eggs instead of spam, fatty meats, hot dogs
Sugary foods	Too much causes tooth decay & weight gain.	<ul style="list-style-type: none"> Eat fruits instead of cookies, cakes, candy Drink diet soda Use sweeteners
Salty foods	Too much increases your blood pressure & increases your risk of stroke.	<ul style="list-style-type: none"> Use spices instead of salt during cooking & at the table Use low sodium version of soy sauce