

# Guide to Healthy Eating Habits

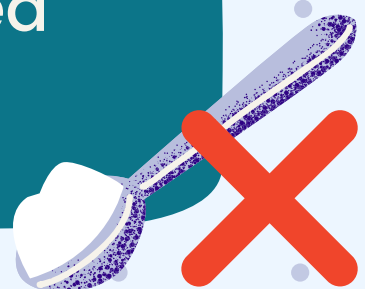
Make half your plate fruits  
and vegetables



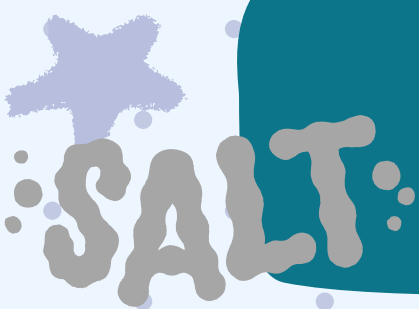
Drink water or juice  
instead of sugary drinks



Cut down on saturated  
fat and sugar



Reduce daily  
salt intake



Eat appropriate portions at  
meal and snack time



Avoid Emotional Eating

