TO EAT A HEALTHIER DIET:

☐ Limit “bad” fats. Reduce saturated fats and trans fats in your diet. Use olive or canola oil instead of butter, stick margarine, meat fats, shortening, or palm oils.

☐ Cut back on sodium. Use fresh poultry, fish, and lean meat, rather than canned, smoked, or processed. Choose fresh or frozen vegetables that have no added salt and foods that have less than 5% of the Daily Value of sodium per serving. Rinse canned foods.

☐ Choose more complex carbs. Eat more complex carbs, like starches and fiber. These are found in whole-grain breads, cereals, starchy vegetables, and legumes.

☐ Cut added sugars. Pick food with little or no added sugar. Use the Nutrition Facts label to choose packaged foods with less total sugar.

☐ Get more fiber. Switch to whole grains and add different kinds of vegetables, beans, nuts, and seeds to your diet.