

Healthy Tips



- Eat your vegetables first
- Increase your vegetable intake
 - Vegetables are full of vitamins and minerals that aid in a healthy lifestyle
- Eat your fruits instead of drinking them
- Increase your protein intake
 - Good sources of protein include dairy products, fish, poultry, nuts, peanut butter, eggs, beans and lean meat.
- Drink enough water
- Cook at home more often
 - Try cooking a healthy recipe each week
- Replace your sugary beverages with sparkling Water, fruit infused water, or unsweetened tea
- Choose healthy oils
 - Use olive, avocado, or coconut oil