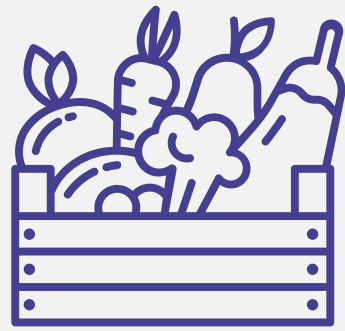


# 7 tips for healthy eating



1.



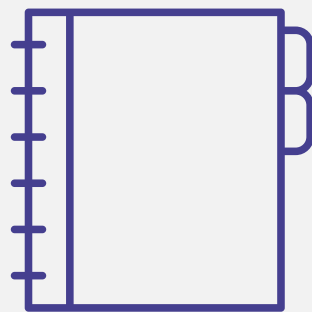
Add more vegetables and fruit into your diet. Avoid processed foods.

2.



Eat before going grocery shopping to avoid making purchases that are not the healthiest options.

3.



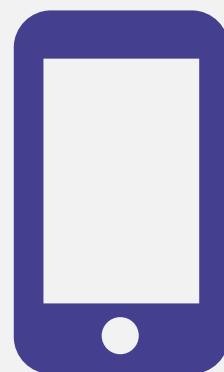
Meal Prep. Plan out and prepare your meals for the week, or at least a few days in advance.

4.



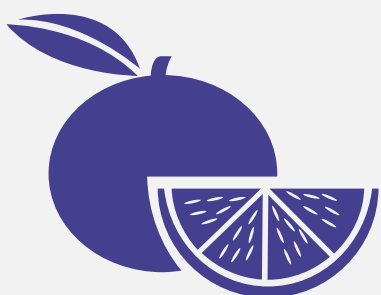
Drink at least half your body weight in ounces of water each day.

5.



Follow healthy food blogs and social media to remind you to eat healthy.

6.



Keep healthy snacks in a spot on the counter where they are easily accessible.

7.



Create a support group with friends or family to encourage each other and share healthy recipes.