

# HERE'S TO HEALTH



## Nutrition rules to live by



### Skip processed food

Avoid fries, sodas, and candy. Processed foods also include most breakfast cereals, instant soup, frozen meals and American cheese.



### Eat Mostly Plant-Based

Make vegetables the centerpiece of your meals. Vegetables are loaded with antioxidants, anti-inflammatory compounds, vitamins and minerals.



### Don't diet

Diets often deprive your body of the nutrients it needs. By eating healthy foods you'll lose weight naturally and feel good from the inside out.



### Eat each meal until your satisfied, not stuffed

Your gut signals your brain if you're satisfied or not 20 minutes after you start eating.



### Eat healthy fats

Eat unsaturated fats such as avocados, fatty fish, almonds, hazelnuts, pumpkins seeds and peanuts.



### Drink plenty of fluids

Your body can mistake hunger for thirst when it's dehydrated, which can lead to overeating.

## Food Swap

**This**

for

**That**



Popsicles



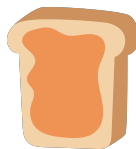
Frozen grapes



Chips



Popcorn



Butter toast



Avocado toast



Soda



Sparkling water

# NUTRITION EDITION

  
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