

Tips for making healthier food choices

- ✓ Choose whole, unprocessed foods whenever possible
- ✓ Include a variety of fruits & vegetables
- ✓ Choose lean proteins
- ✓ Select whole grains
- ✓ Limit added sugars
- ✓ Reduce sodium intake
- ✓ Practice portion control

Making Healthy Food Choices Home And Garden Bulletin

Rachel S Tattersall



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