



# Healthy Eating Tips TO FIGHT CHRONIC DISEASE

You can manage your blood sugar, blood pressure, cholesterol, and weight to improve your health.

1

Balance your physical activity with what you eat for a healthy weight.



2

Eat plenty of fruits and vegetables to reduce the risk of heart disease and meet blood pressure and blood sugar goals.



3

Choose whole grains for added fiber, vitamins, and minerals. They lower cholesterol, improve digestion and help meet blood sugar goals.



4

Limit red meat. Eat healthy proteins like fish, poultry, tofu, beans, and nuts. The right proteins make a big difference in your health.



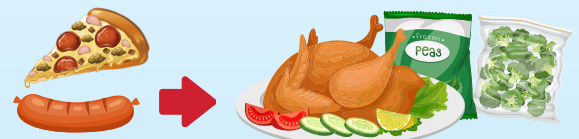
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Choose good fats. These include vegetable oils, nuts, seeds, and avocados, which lower disease risk.



6

Limit processed foods, which are chemically altered and bad for your health.



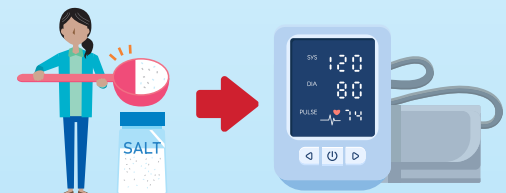
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Choose foods without added sugars to keep blood sugar and weight stable.



8

Cut down on salt for blood pressure control.



9

Limit alcohol because too much can harm your health.



Follow these tips to stay on track with your healthy lifestyle!