Eat Healthy Every Day

**Whole Grains**
like whole-grain breads and pasta

**Fruits and Vegetables**
try new ones every now and then

**Meats**
like chicken, fish, turkey and lean beef

**Low-Fat Dairy**
like milk, cheese and yogurt

**High-Protein Snacks**
like nuts, seeds and legumes

**Foods to Limit and Avoid**

- Foods high in saturated and trans fat like burgers, fries and pizza
- High sugar and high calorie foods like cookies, donuts and candy
- High sugar drinks like some sodas and juice drinks