EAT MORE FRESH, WHOLE FOODS

Whole, unprocessed foods offer a rich array of essential nutrients, support optimal health, while minimizing intake of additives and artificial substances.

LIMIT SUGARY DRINKS

Limiting sugary drink intake is vital for health, as they are linked to obesity, diabetes, and dental issues.

COOK AT HOME

Cooking at home promotes a healthier lifestyle by allowing you to control ingredients, portion sizes, and cooking methods.

REDUCE SODIUM INTAKE

Limiting sodium intake is essential for maintaining heart health, as excessive sodium is associated with the risk of cardiovascular diseases.

80% of Americans’ diets are low in fruits and vegetables.

FACTS ABOUT THE STANDARD AMERICAN DIET (S.A.D.)

- The average American consumes around 3,680 calories per day.
- 31.5M obese adults in the United States (U.S.) predicted by 2030.
- Over 70% of the sodium that Americans eat comes from packaged, processed, store-bought, and restaurant foods.
- According to the World Health Organization, 80 percent of all cases of heart disease, stroke, and Type 2 diabetes could be prevented if people ate healthier, were more physically active, and stopped using tobacco.

TIPS TO IMPROVE NUTRITION

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HEALTHY EATING PLATE

- Eat fresh
- Choose snacks wisely
- Load half of the plate with fruits and vegetables
- Drink more water
- Reduce sodium intake