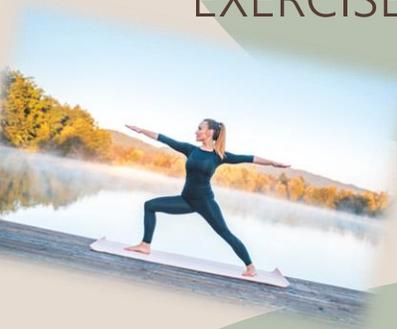
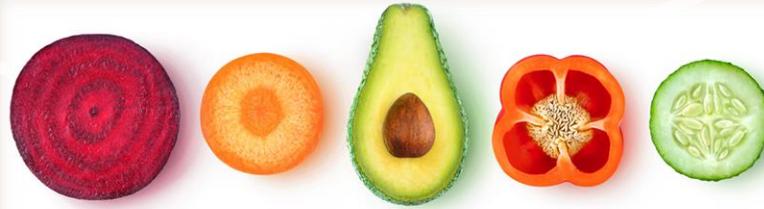


# Easy tips to a healthier lifestyle

LIFESTYLE:  
-SMOKING CESSATION!  
LIMIT ALCOHOL INTAKE  
EXERCISE 30 MINUTES MOST  
DAYS



WHEN COMPARING LABELS  
CHOOSE THE OPTIONS  
WITH THE LEAST AMOUNT  
OF SODIUM



SUBSTITUTE TORTILLA CHIPS  
WITH CRUNCHY FRESH  
VEGGIES TO GO WITH A  
HEALTHY DIP (SUBSTITUTE A  
REDUCED FAT CREAM  
CHEESE)

PREPARE MEAT BY BAKING,  
GRILLING OR BROILING  
(AVOID FRYING/ PROCESSED  
MEATS)



CHOOSE FAT FREE/LOW FAT  
DAIRY PRODUCTS AND  
FRESH OR FROZEN  
VEGETABLES

