4 TIPS FOR HEALTHY EATING FOOD

01
CHOOSE BALANCED FOODS
Make sure every meal you eat contains a mix of complex carbohydrates, protein, healthy fats, fiber, vitamins and minerals.

02
DRINK LOTS OF WATER
Make sure you drink enough water every day. Water helps keep the body hydrated and aids in the digestive process.

03
AVOID PROCESSED FOODS
Avoid processed foods that contain lots of chemical additives and fast foods that are usually high in trans fats, sugar, and salt.

04
CHOOSE HEALTHY PROTEINS
Choose low-fat protein sources such as fish, lean meat, skinless chicken, eggs, nuts and tofu.