Top Ways to Healthier Eating

Good nutrition is essential for a better quality of life. The secret is to eat the appropriate amount of food from each group. Check out the following tips:

☐ **Eat a lot of fruit:** Eat a variety of fruit every day. For a recommended 2000 calories, you need to eat 2 servings of fruit. Fruit provides vitamins and minerals that are good for your immune system.

☐ **Get the benefits of milk:** Have 3 glasses of milk or a slice of cheese to get the calcium that you need for stronger bones. Yogurt is also the best option for a better digestive system.

☐ **Eat grains:** You need a lot of energy so you can eat 3 servings of grains like cereals, bread or rice every day. One serving is equivalent to a slice of bread or ½ cup of rice.

☐ **Vary your vegetables:** Alternate green vegetables like spinach, celery, and orange vegetables like carrots. Veggies give nutrients to maintain healthy skin, eyes, and at the same time prevent heart problems.

☐ **Vary your protein:** Protein is an important component for every cell in your body. Get your protein from beans, fish and meat. like salmon is especially good for your brain.

☐ **Be carful with sugar and junk food.** Everybody likes candies, ice cream, hamburgers and hot dogs. However, too much sugar and junk food may provoke diabetes and obesity.