

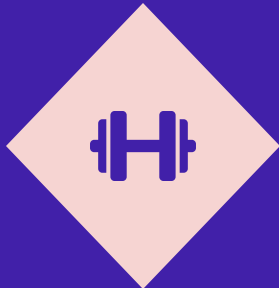
5 Strategies

to improve your eating pattern



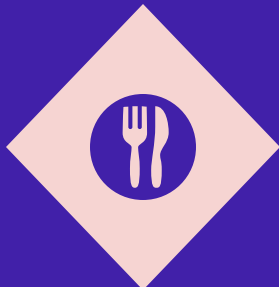
Cook at Home More Often

If you're using a meal delivery service, check out the nutrition information on the company's website. Pay special attention to fat and sodium.



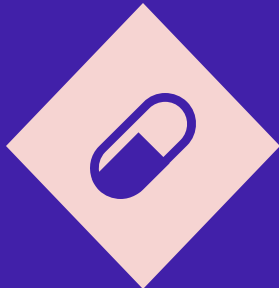
Make Changes Gradually

Start with reducing the added sugars you eat. Once you're feeling good about that change, move on to cutting out alcohol if you drink. Add bouts of exercise throughout the day -- like getting up to walk for five minutes every hour.



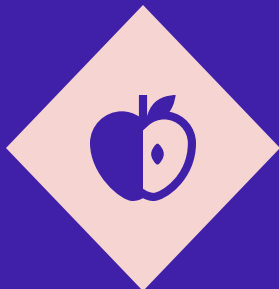
Add Plant-Based Protein

Play around with different ways to serve beans, nuts, legumes, seeds, and whole grains. This reduces the saturated fat in your diet and boosts your vitamin, mineral, and fiber intake.



Think Critically About Functional Ingredients

Can you get the same nutrients through regular food? Is the higher price tag really worth it?



Choose Real Food

Do this instead of reaching for bars, shakes, and meal replacements. Cups of yogurt, low-fat string cheese, nuts and seeds, apples, bananas, and grapes are some simple foods to grab and go if you're in a hurry. They're much cheaper with less unwanted ingredients like artificial colors, sweeteners, and saturated fat.