

Keep quality **snacks** on hand: lean proteins, fruits, vegetables and whole grains.

2 Eat meals at about the **same time** each day (avoid eating very large meals and skipping meals).

3 Get much-needed **roughage** from fiber-filled fruits, veggies, whole grains, peas and beans.

4 Stay within your **daily calorie allowance**; keep track of what you eat and drink daily.

HEALTHY TOP TEN

Goals for Good Eating

For **lunches**, use leftover baked or grilled meat, poultry, or fish to dress sandwiches on whole-wheat bread.

5 Save fattening **temptations** for an occasional indulgence rather than a regular event.

7 Cook **healthy dishes**; some planning and a shopping list can make wholesome meals easier.



8 Make **fruits or vegetables** about half of what you eat at every meal.

9 Pad **sandwiches** with a variety of colorful vegetables; add flavor with low-fat dressing or mustard.

10 Read **labels** to compare ingredients, calories, fat, sodium, cholesterol and sugar.

