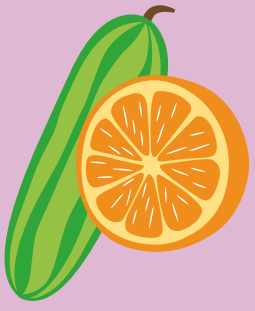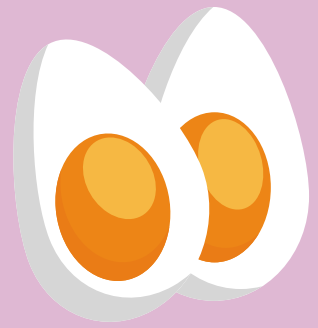# Tips to Eating Healthier!

Make half of your plate fruits and vegetables.

Make half the grains you eat whole grains.

Switch to fat-free or low 1% milk.

Choose a variety of lean protein foods.

Compare sodium in foods.

Drink water instead of sugary drinks.

Incorporate seafood into diet.

Cut back on solid fats.

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