

HEALTHY EATING FOOD FACTS

SMALL CHANGES MATTER.

TRY NOT TO OVERDO IT - EAT UNTIL YOU ARE 80% FULL, NOT STUFFED!

IF IT'S FAKE, GET IT OFF THE PLATE.

STAY HYDRATED. POOR HYDRATION INCREASES RISK OF OBESITY.

DIET NO MORE! DITCH IT AND THINK LIFELONG HABITS.

MODERATION, VARIETY & BALANCE ARE KEY TO A HEALTHY DIET.

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