

# EAT HEALTHY



ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH, A HEALTHY EATING PLAN LOWERS YOUR RISK FOR OBESITY, HEART DISEASE, STROKE, TYPE 2 DIABETES, AND MANY OTHER CHRONIC DISEASES.

THE FOLLOWING SUGGESTIONS WILL PUT YOU ON THE RIGHT PATH TO BUILDING HEALTHY EATING HABITS YOUR WAY.



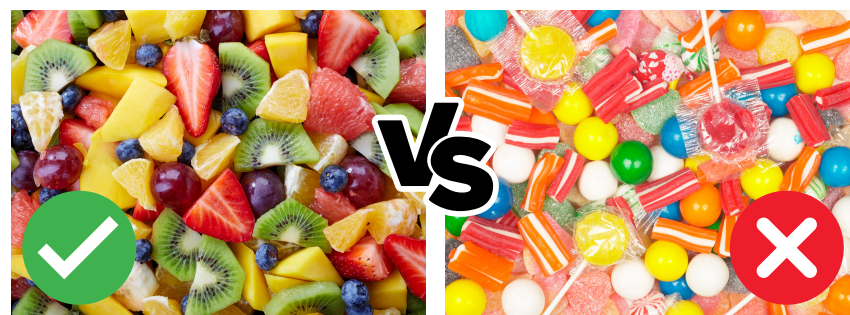
Create a meal plan and prep your meals ahead of time to avoid eating out, including snacks! [Click here](#) for a meal prep guide.



When you must eat out, choose healthier menu options like salads, grilled meats, and vegetable-based dishes. Avoid fried foods or foods that are covered in sauce.



Instead of choosing sugary drinks like soda or juice, make the clear choice – water!



Pack fresh fruit to satisfy those sugar cravings.

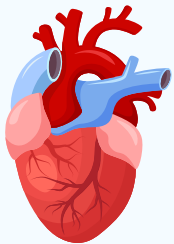
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## DID YOU KNOW?

Frequent consumption of soda and sugary drinks has been linked to various health concerns, with weight gain being a significant issue?

Soda should never be your first choice and here are the reasons why...



**HIGH SUGAR CONTENT: EXCESSIVE SUGAR CONSUMPTION IS ASSOCIATED WITH AN INCREASED RISK OF TYPE 2 DIABETES, OBESITY, AND HEART DISEASE**



**EMPTY CALORIES: SODA LACKS ESSENTIALS NUTRIENTS AND CAN CONTRIBUTE TO OVEREATING AS A RESULT.**



**HIGH FRUCTOSE CORN SYRUP: DISRUPTS APPETITE REGULATION, CAUSING CRAVINGS FOR SUGARY AND HIGH-CALORIE FOODS.**



**REGULAR SODA CONSUMPTION IS LINKED TO INSULIN RESISTANCE, INCREASING FAT STORAGE, ESPECIALLY AROUND THE ABDOMINAL AREA.**