RULES FOR HEALTHY EATING

1. Eat

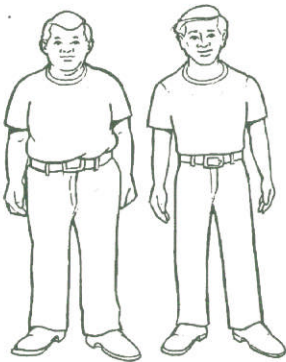Breakfast   Lunch   Dinner

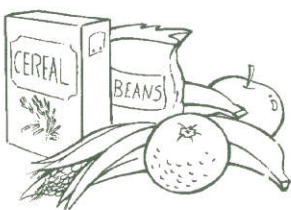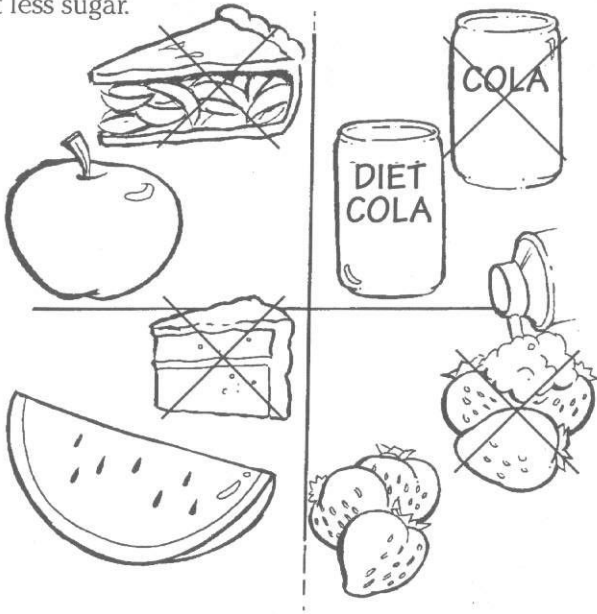2. Lose weight, if you need to.

3. Eat more fiber.

4. Eat less fat.
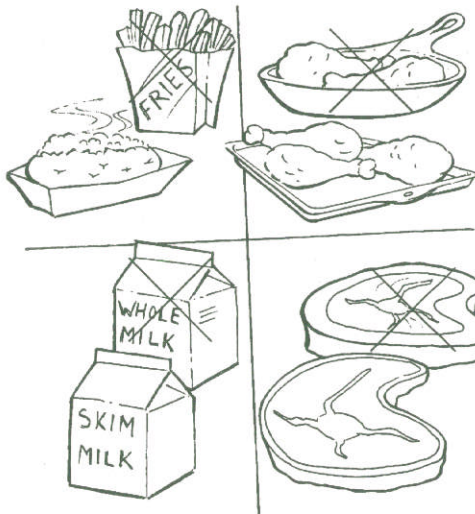
Try not to eat foods with lots of fat!
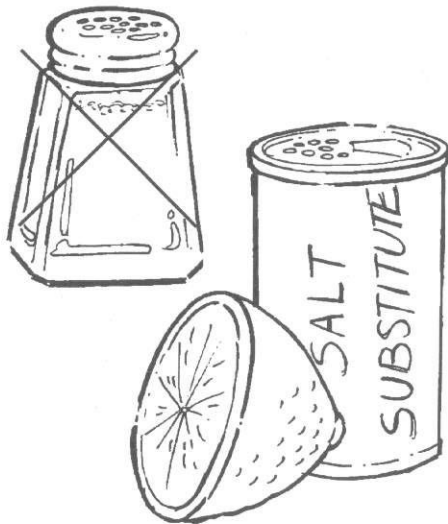
5. Eat less sugar.

Try not to eat sweets.

COLA

DIET COLA
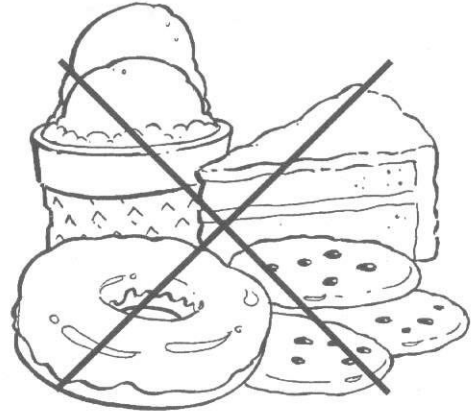
6. Eat less salt.

Don't eat foods with lots of salt.

CHIPS

FRIES

SALT SUBSTITUTE

7. Exercise every day.

8. Eat less meat.