SALT-FREE NUTS

CAN BE A QUICK AND EASY SOURCE OF PROTEIN, FIBER, AND HEALTHY FATS

BE SURE TO CHECK THE LABEL OF PRE-PACKAGED FOODS

FOR HIGH SODIUM OR SUGAR CONTENT

SAVE TIME ON SLICING AND DICING BY BUYING FROZEN PRE-SLICED VEGETABLES

ADD HIGH-FIBER SOURCES

SUCH AS FLAX OR CHIA SEEDS TO MAKE YOUR MEALS HEALTHIER IN SECONDS

SMOOTHIES CAN BE A QUICK AND EASY WAY TO GET A VARIETY OF FRUITS AND VEGETABLES INTO YOUR DIET

USE MICROWAVES AND AIR FRYERS TO PREPARE FOODS

THAT DO NOT REQUIRE A LOT OF TIME

A HECTIC LIFESTYLE OR A LACK OF TIME DOESN'T NEED TO KEEP YOU FROM EATING HEALTHY

A WIDE RANGE OF MEAL OPTIONS ALLOW YOU

TO EAT WELL EVEN WHEN LIFE GETS BUSY

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