WATCH OUT FOR SUGARS AND SWEETS
Read the label! Try to keep added sugars to less than 10% of the calories you consume. Foods to limit include:
• Sugar-sweetened beverages, such as soft drinks, coffee, and fruit drinks
• Candy
• Baked goods, such as cookies, cakes, and pastries
• Packaged fruit products, such as applesauce or jelly

AVOID SODIUM
Skip the table salt and watch out for processed and prepared foods such as:
• Pizza
• Prepared salad dressings and seasonings
• Prepackaged food items, such as pasta and rice dishes
• Canned soups

CHOOSE FREELY FROM THESE FOODS
Eating a diet filled with these types of food will ensure that you get the most nutritional value for your calories.
• Fruits and vegetables
• Grains, especially whole
• Low-fat dairy products, such as milk, cheese, and yogurt
• A variety of proteins, such as fish, lean meats, nuts, and beans
• Healthy oils, such as olive oil

KNOW GOOD FATS VS. BAD FATS
Favor unsaturated fats because they are better for you (plant-based and fish oils). Saturated and trans fats may harm heart health. Avoid these:
• Butter, margarine, and shortening
• Fatty and processed meats, such as hot dogs
• Whole milk and other high-fat dairy products
• Hydrogenated oils, often found in baked goods and other desserts

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