

EXPLORE A HEALTHY LIFESTYLE.

Daily food choices can make a huge difference in your overall health. A well-balanced diet includes at least five servings of fruits and vegetables, which can reduce your health risks and improve your mood. Limiting your sugar and sodium intake not only helps you maintain a healthy weight, but it can also help you avoid chronic disease.

Heavy salt consumption can increase blood pressure, which can lead to heart disease. Drinking too many sugar-sweetened beverages is frequently associated with obesity and Type 2 diabetes, which have also been linked to cancer. But when you add more nutritious foods to your diet, you'll start to notice that when you eat better, you feel better.

TRY THESE TIPS FOR STARTERS:

- With any meal, fill half your plate with fruits and veggies.
- Limit foods that are high in saturated fats, added sugars, and sodium.

[This month's calendar](#) can help you map out a healthy lifestyle, with exercise and food recommendations.