

10 Healthy Lifestyle Tips for Adults



Eat nutritious food



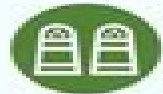
Eat carbohydrate-rich foods when dieting



Replace saturated fat foods with unsaturated fats



Eat fruits and vegetables



Reduce sugar and salt intake



Eat regularly and note the portion size



Drink plenty of water



Maintain a healthy weight



Start moving and make it a habit!



Start now, and keep changing gradually!



101 Simple Food And Fit Tips For A Lighter Lifestyle

William Shurtleff; Akiko Aoyagi



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