

# Health & Wellness








## Tip of the Week

**March** is all about focusing on **nutrition**. It is the perfect time to remind you about the importance of making healthy choices and eating right.

**Week 13**  
**March 28, 2016**

### Balancing Food And Calories

Eating healthy means eating the right amount of calories. It also means eating healthy foods more often than unhealthy foods. Here's what else you can do:

-  Learn how many calories you need a day.
-  Limit your intake of salt (sodium) and check food labels to see how much salt is in what you're eating.
-  Cut back on sugary foods, such as cookies, cake and candy, and fatty, high-salt foods like hot dogs or bacon.
-  Make half your grains whole grains.
-  Eat and drink fat-free or low-fat dairy products.
-  Fill half your plate with fruits and veggies.
-  Eat less food, but take your time and enjoy it.



Source: U.S. Food and Drug Administration



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