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## Essential Tips:

- Eat LOTS of fruits and vegetables! In winter, opt for frozen, just watch out for added sugars or fats. In summer eat and enjoy seasonal fare.
- Always read food labels; make sure you know what you're putting into your mouth. Watch out for processed foods with added sugars and fat.
- Add spinach or other vegetables to frozen dinners.
- Remember that food is not your enemy! We need food to live--and there is a way to eat and enjoy food without going overboard. Pay attention to portion sizes and remember to eat things that you enjoy. Even treats and sweets can fit into a sensible diet plan. All things in moderation!
- It's not one or two choices that matter, it's our choices day after day or week after week that add up; one week of indulging does not undo all of the more nutritional food choices you make every day.