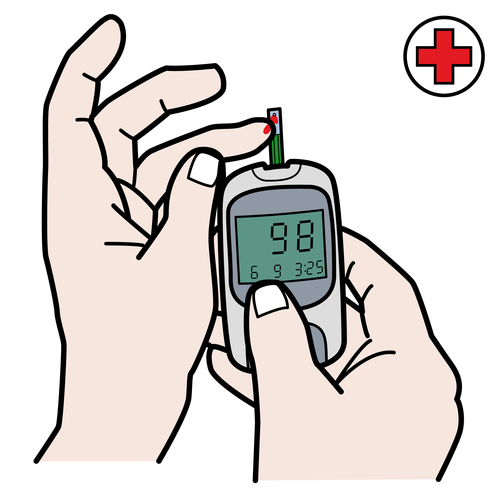
Healthy Eating

Risks of an unhealthy diet



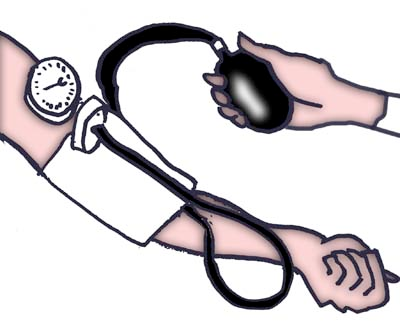


Fatigue

Type 2 diabetes

Weight gain





CAPTION

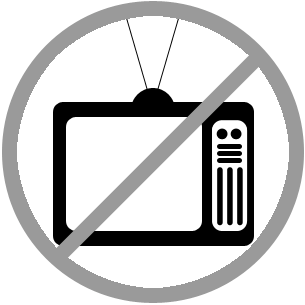
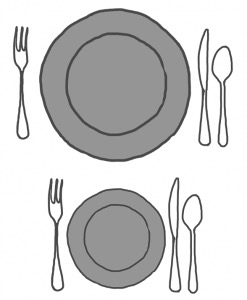
CAPTION

High blood pressure

Difficulty breathing

Heart disease

Ways to eat healthy:





Eat more fresh foods

Don't eat while watching TV

Eat smaller portions



Eat slowly and pause between bites

Drink more water

Avoid fast food