

Tip of the Month

Smart Eating and a Healthy Lifestyle

Smart eating and an active lifestyle help you prevent weight gain and stay healthy as you age. Learning to make healthy food choices and watching your portion sizes are important steps in achieving and keeping a healthy weight

Fresh, frozen, or canned vegetables are all good for your children—the important thing is for them to eat a variety of vegetables all week long. If you buy canned vegetables, try to find ones with no added salt. And choose frozen vegetables that don't have butter or cream sauce.