Awaken
YOUR TASTE BUDS

GET ON THE FAST TRACK TO A HEALTHIER YOU BY FOLLOWING THESE THREE SIMPLE TIPS:

Rethink Your Drink

Don’t be deceived by your drink; many are high in sugar and loaded with hidden calories. Instead, quench your thirst with a better beverage.

- Choose water, diet, or low-calorie beverages
- Carry a water bottle & refill it throughout the day
- Don’t “stock” the fridge with sugary soda & drinks
- Add slices of lemon, lime, or cucumber to enhance water
- Add a splash of 100% juice to plain sparkling water
- Want juice or soda? Choose a bottle or can packaged in 100-calorie portions

Increase Fruits & Veggies

Choose foods that will pack a powerful nutritious punch. Incorporating more fruits and vegetables into your daily diet isn’t as difficult as you think.

- Add spinach or other veggies & halve cheese in your omelet
- Cut back on cereal & fill the rest of your bowl with cut fresh fruit
- Add lettuce, tomato and other raw vegetables to your favorite sandwiches
- Add extra vegetables to your favorite broth-based soups
- Replace some of the rice and pasta in certain recipes with more vegetables

Decrease Sugar, Salt, & Fat

Great flavor doesn’t require excess fat or heaps of sugar and salt. Eat whole foods and be mindful of the labels on prepackaged items you buy.

- Pair plain, low-fat Greek yogurt & berries for a snack
- Look for products that don’t have added salt
- Cook from scratch & control what goes into your meal
- Buy fewer jarred sauces & preflavored products
- Use citrus, herbs, spices instead of salt to build flavor
- Choose lean cuts of meat, low-fat dairy products, healthy oils instead of butter

For more information, please visit SummitHealth.org/HealthyEating