

TIP OF THE WEEK



Healthy Eating for a Healthy Weight

A healthy eating plan that helps you manage your weight includes a variety of foods you may not have considered. If "healthy eating" makes you think about the foods you can't have, try refocusing on all the new foods you can eat—

Fruits and Vegetables: Try to eat every color of the rainbow! Give something new a try. Visit your local produce aisle or farmer's market and pick up something you haven't eaten before.

Meats, poultry, fish, beans, eggs, and nuts: These all provide protein -- a necessary part of a healthy diet -- as well as other important nutrients. Consider giving a new protein a try; you may be surprised by what you like.

**LivingWell**
make it a priority

THE UNIVERSITY of TEXAS SYSTEM