

## Spring Clean Your Diet

Many people use the spring season as a chance to clean. Why not expand your cleaning plans to include your eating habits as well?

### How to eat cleaner

**Limit added sugars:** Table sugar is not the only source of sugar in the diet. Avoid drinking sweetened beverages like soda, sugary teas, sports drinks, and punches. Also try eating less candy, cookies, cakes, pastries, and other sweet treats.

**Avoid high sodium foods:** Eating too much sodium can increase blood pressure and lead to heart disease. To lower the amount of sodium you eat, avoid processed foods such as canned soups, salty snacks, and cold cuts. When shopping, choose products that are labeled “no added salt” or “low sodium.”

**Eat less saturated fat:** Fat is an important part of the diet, but eating too much saturated fat can be harmful. Animal products like beef, lamb, pork, poultry with skin, butter, cheese and 2% or whole milk contain saturated fat.

**Eat more fruits and vegetables:** Many Americans do not eat enough fruits and vegetables. Fruits and vegetables are naturally low in calories and provide fiber. They are also a wonderful source of many vitamins and minerals, which are needed to stay healthy.