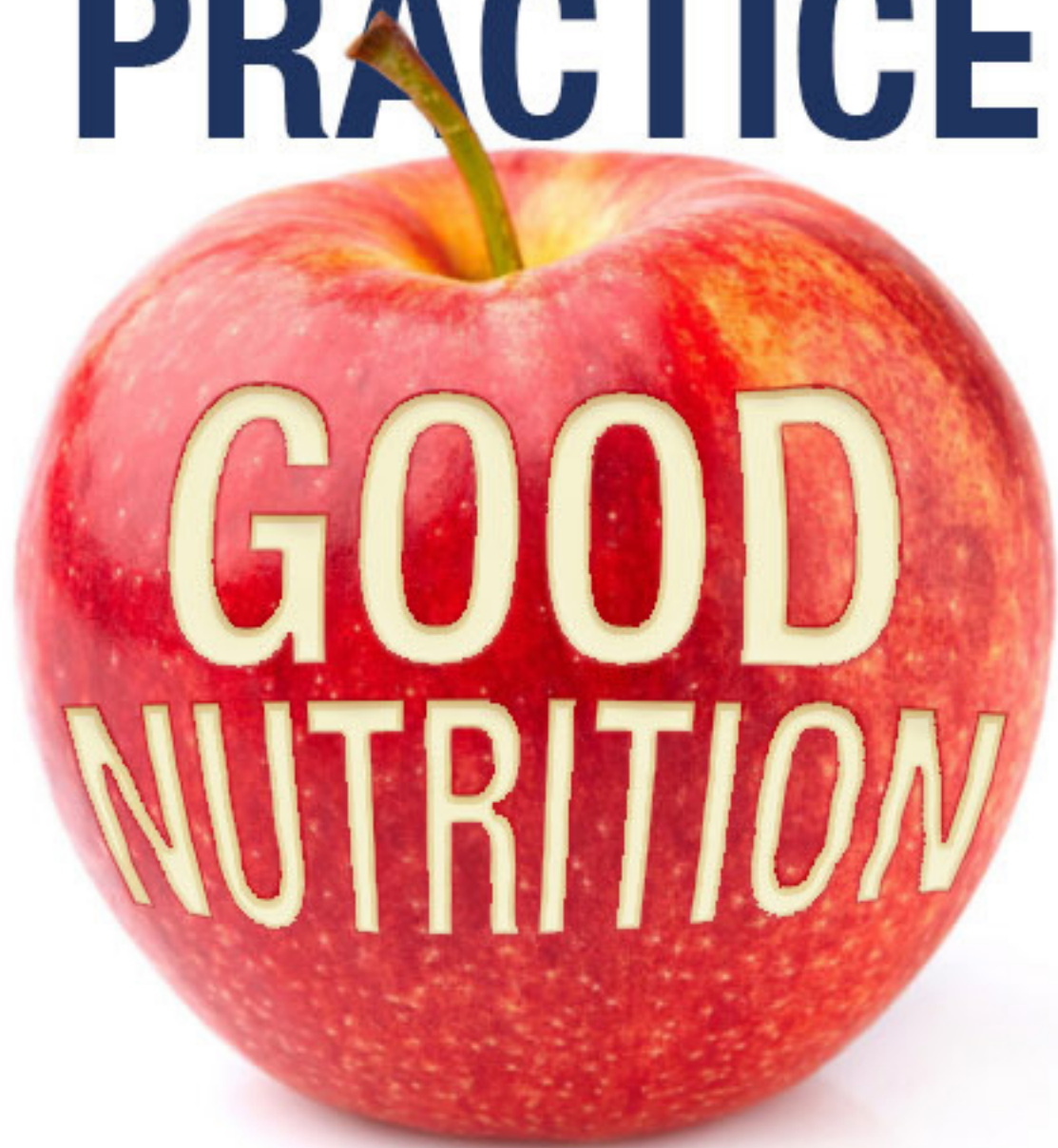


**WORKING
FROM HOME?
DON'T
FORGET TO
PRACTICE**



**MILITARY
ONE
SOURCE**

Limit your sugar.

Try drinking water instead of soda or sugary sports drinks.

Lower your sodium.

Start reading labels to see how much sodium is in a certain food. Buy “reduced sodium” items whenever possible.

Eat lean protein.

Eat less fatty red meat and more chicken, seafood, beans, eggs, nuts, and seeds.

Choose whole grains.

Whenever possible, eat whole grains like brown rice and whole wheat over “refined grains” like white bread, pasta, and anything made with flour.

Snack on fruits and vegetables.

Instead of reaching for the chips, try cutting up some carrots or eating an apple instead.