



10 Steps to a Healthy Diet

The Center for Science in the Public Interest

1. eat 2oz or less of cheese a week
2. switch from ground beef to ground chicken or turkey
3. switch from margarine or butter to a low fat margarine
4. stop eating high fat processed meats like hot dogs, bacon and sausage, look for low fat varieties
5. drink skim milk
6. watch sodium intake, the shaker is less your enemy than is fast food.
7. eat your fruits and vegetables
8. add whole grains
9. eat beans or peas 4 times a week
10. give up soda