

## Tips for healthy eating

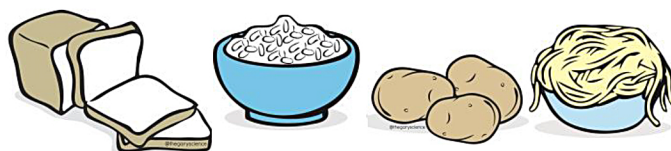
Eliminate or avoid polyunsaturated fat and oil



Eliminate or avoid sugar and fructose



Reduce your carbohydrate intake



Increase your vegetable and water intake, favouring leafy greens and vegetables that grow above the ground



Include healthy, natural saturated fats and maintain moderate protein

