

9 Nutrition Essentials:

Fad-Free Strategies to Make Your Diet its Best Ever.

1. Eat smart, be fit, and live longer.
2. Select carbs that satisfy.
3. Boost your nutrient power.
4. Save room for treats.
5. Be savvy about salt.
6. Eat foods that are good for you – and the planet.
7. Beware of portion distortion.
8. Choose premium protein.
9. Sort the latest facts on fat.