Lean toward healthy food choices.

Limit high fat meats, like bacon and sausage. Choose lean poultry, pork, and beef, as well as, fish and beans and other plant proteins.

Enjoy plenty of fruits and vegetables, which are nutrient-rich and lower in fat and calories.

Add little fat to foods. Limit foods in creamy sauces.

Note the grams of fat per serving on food labels. Choose foods lower in total fat, *trans* fat, and saturated fat.