1. Eat a variety of foods from all the food groups daily.
2. Eat a variety of fruits daily.
3. Eat a variety of vegetables daily.
4. Include peas, beans and nuts in your daily meals.
5. Reduce intake of salty and processed foods.
6. Reduce intake of fats and oils.
7. Reduce intake of sugary foods and drinks.
8. Make physical activity a part of your daily routine.