

# PowerPoint Project 1

## Tips for Healthy Eating

### Slide 1: Title Slide

Tips for Healthy Eating  
By YOUR NAME

### Slide 2: Two Content (Pic RIGHT)

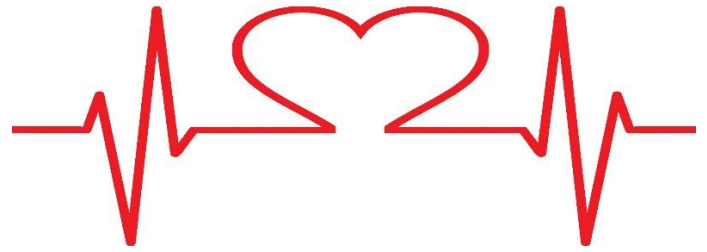
Slide Heading: Variety of Foods

- Eat a mix of healthy foods
- Choose whole grain and unprocessed foods
- For snacks, choose raw vegetables and unsalted nuts

### Slide 3: Two Content (Pic LEFT)

Slide Heading: Cut Back on Salt

- Use salt sparingly
- Reduce use of salty foods and condiments
- Avoid snacks that are high in salt



### Slide 4: Two Content (Pic RIGHT)

Slide Heading: Reduce Fats and Oil

- Can increase health risks like heart disease and stroke
- Industrially-produced trans fats are the most hazardous
- Increases health risks by 30%

### Slide 5: Two Content (Pic LEFT)

Slide Heading: Limit Sugar

- Limit sugary drinks
- This includes fruit juices and drinks
- Flavored water, energy and sports drinks can be high in sugar

### Slide 6: Two Content (Pic RIGHT)

Slide Heading: Healthy and Balanced Diet

- Fights infections
- Avoids health problems
- Avoids different types of cancer