



Healthy Tips

Try avoiding eating too much carbohydrates

Eat more vegetables and fruits

Skip the sugary drinks

Give a chance to whole grain products

Drink plenty of water

Eat in moderation

Don't skip meals

Cut back on salt

Avoid alcohol

Reduce use of certain fats and oil

Avoid overeating or undereating

Keep your cravings away

Eliminate Stress

Introduce physical activities

