Five Small Steps to Improve Your Health

1. Replace butter and stick margarine with **Extra Virgin Olive Oil** and eat at least four tablespoons/day.
2. **Drink water** instead of sodas, energy drinks and other sugary beverages. A glass of red wine with off-duty dinners is fine.
3. **Choose chicken, turkey, fish, eggs and beans.** Limit red and processed meat.
4. Eat more **fruits and vegetables.** Eat fresh berries instead of sweet desserts.
5. **Choose whole grains.** Avoid refined carbohydrates.

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