

SUBJECT: Healthier eating habits are easier than you think!

BODY COPY:

Thanks to you, [Working for a Healthier Tennessee](#) is going strong in its fifth year!

One of the main focus areas of Working for a Healthier Tennessee is **healthy eating**. Healthier eating means making healthier food choices when possible.

Here are some simple ways that you can sneak more nutrition into your day:

- Eat lean protein at breakfast like egg whites, turkey bacon or sausage, or low-fat yogurt.
- Trade candy bars and bags of chips for a low-sugar protein bar, low-fat popcorn or fresh fruit.
- Reach for water (flavored or sparkling) instead of soda, sweet tea or a coffee beverage.

Just like the cars we drive to and from work, our bodies operate better when we give it high-quality fuel. Make your calories count instead of always counting calories – eat foods rich in vitamins, minerals and nutrients, such as fruits, vegetables, lean proteins, and whole grains and become healthier as a result.

Food journals are also an easy way to help you get a handle on your eating habits. As always, I'm available to you if you have any questions, concerns or just need a little extra encouragement.

Keep up the good work!