



5. **Read food labels.** Choose foods with a lot of the nutrients you need, like protein and fiber. It's a good idea to limit processed and packaged foods when possible.

When reading food labels, try to avoid foods that are high in:

- Calories
- Carbohydrates
- Fat
- Sodium

Added sugars and unhealthy fats are often found in:

- Crackers
- Creamers
- Desserts
- Frozen dinners
- Sodas
- Spreads

6. **Drink plenty of water** unless your health care provider tells you otherwise. Water is good for your