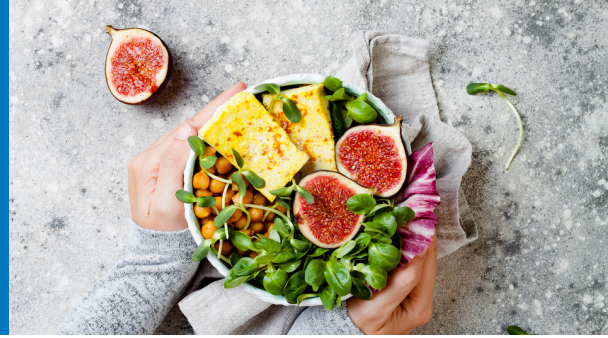


Healthy Eating Habits



<https://webmdhealth.com/zollwellness>



- **Listen to your body.**
 - Your body will give cues when it is hungry, such as your stomach grumbling.
- **Eat slowly.**
 - By taking more time in between bites, your body will digest the food more thoroughly. You may also eat less because your body's cues for fullness will be more noticeable.
- **Remember that food is fuel.**
 - Just like your car needs the right fuel to run properly, so does your body. By eating a variety of foods, your body, and all of its systems, may run more efficiently.
- **There are no "good" or "bad" foods—moderation is key.**
 - Your everyday food consumption can include your favorite pleasures along with the nutrient-rich choices. The important part is to balance your daily intake to what your body requires most.
- **Drink water with your meal.**
 - Drinking water during meals can help aid in the digestion of vital nutrients.

EatingWell.com. 10 Tips for Better Digestion.

<https://www.eatingwell.com/article/7870356/tips-for-better-digestion/>. Accessed 12/03/2021.

Healthline.com. Drinking Liquids with Meals: Good or Bad? <https://www.healthline.com/nutrition/drinking-with-meals>. Accessed 12/08/2021.

ZOLL



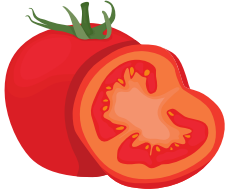
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**HEALTHY HEARTS!
HEALTHY YOU!**

Fresh vs. Frozen vs. Canned

A head-to-head comparison



Tomatoes:

Canned tomatoes have been proven to be a healthy choice. During the canning process, the heat causes tomatoes to release lycopene, a carotenoid that may help prevent prostate and breast cancer.



Spinach:

One cup of frozen spinach has more than four times the amount of nutrients, such as fiber, folate, iron and calcium, than a cup of fresh spinach. This is because the spinach is frozen at peak ripeness.



Peas:

Frozen peas are picked and frozen at the peak of ripeness. This halts the process of sugars turning into starch, which will keep the flavor and texture you are accustomed to eating.

Regardless of the form of produce you choose, you will still be getting important amounts of nutrients and fiber. Eating a variety of veggies and fruits daily will help you reach your daily food goals.

EatingWell.com Fresh vs. Canned vs. Frozen: Which is better? <https://www.eatingwell.com/article/274447/fresh-vs-canned-vs-frozen-which-is-better/>. Accessed 11/08/2021.

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