

MAKE THE SWITCH

Limiting your sugar and sodium intake not only helps you maintain a healthy weight, but can also help you avoid chronic disease. Salt consumption increases blood pressure, which can lead to heart disease. And drinking too many sugar-sweetened beverages is frequently associated with obesity and Type 2 diabetes, which are known to be linked to cancer. So reduce your sodium intake and replace sugar-sweetened drinks with water.

LEARN MORE ABOUT HEALTHY FOOD ALTERNATIVES AT [HEALTHYDELAWARE.ORG/WORKPLACE](https://www.healthylivingdelaware.org/workplace).